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Longevity. Parts 1&2.

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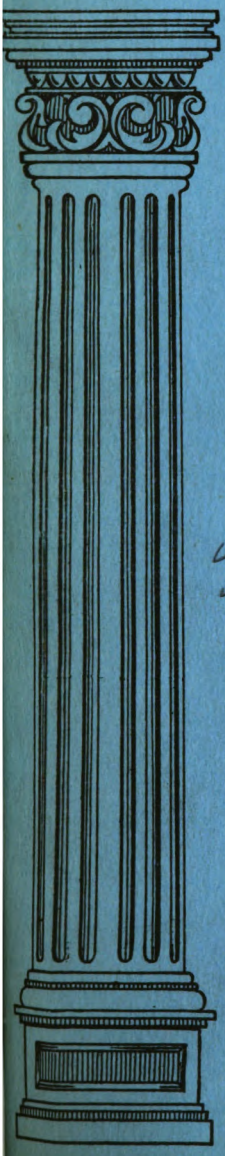
PART ONE

LONGEVITY

DEVOTED TO THE PROLONGATION OF LIFE



Anti-Prohibition Number

LONGEVITY PROBLEM SOLVED

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Written and Published By

THERON C. STEARNS, M. D.

44 Montgomery Street

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GEORGE C. DEMPSEY

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INTRODUCTION

The phenomena of life present a series of subjects of the most interesting character, from a personal as well as an academic standpoint. It is not strange, therefore, that those of us whose pursuits have brought us in daily contact with any of the several fields of Science have followed developments tending to the prolongation of life with deep interest. At the same time scientists as well as those who are engaged in other fields of endeavor, are too prone to look upon questions of longevity merely from the standpoint of general interest, and to ignore our responsibility to humanity, to the neglect of our duty. It is true that innumerable well-fare associations have been formed, and vast work is going on in many of the fields attention to which is necessary to the well-being of society, therefore contributing to the decisive general factors upon which longevity depends.

It must be admitted that this neglect is not without excuses. Anything which tends to distract us from the affairs of life upon which what we call success depends, is very properly looked upon with disfavor. Thus, it has been a great delight to me to feel that the study of food which I made several years ago developed that fact that it is unusual to see any ill effect of too much food before maturity, while after maturity it is certain that too much food leads us to senility and the grave. But when it came to the question of doing anything to make this knowledge generally available, I very much disliked the idea, because it involved the expenditure of money which I would have preferred to use for other purposes. One must hestitate to accuse people because they are not willing to give of their time and money for general welfare, when it involves a sacrifice. But a time has arrived when it is apparent that if we wish to be efficient, avoid sickness and reach the utmost possible number of years of life, we shall have to contribute our share to the work if we expect to secure the desired benefits.

Our system of government is an ideal one only if it functions in all its parts. It is supposed to be a government, of, for and by the people, and it is not such a government unless the people exercise their prerogatives in a better manner than they are now doing. It is true the people repudiated the Democratic congress, and the Democratic president, and elected a Republican congress and a Republican president, and it already looks as if

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it would be necessary to reverse the process, if the wild Governmental expenditures are an indication of the continuance of the operations to which such forcible objection has been made. It is easy to see that this is not enough. If we are to realize the benefits of the theory of a perfect government, it will be necessary to do one of two things; either establish the referendum and recall to the highest officials, or adopt the methods of the socialists who require the resignation of the official, upon election, that he may be set aside if he goes contrary to the will of the people, or we must have a complete network of local associations throughout the land, of such magnitude that the politicians will become amenable.

In subsequent issues of LONGEVITY, while the personal element will receive first attention, it is hoped that interest may also be aroused in the more general factors upon which longevity also depends.

Up to about ten years ago, while this country expended millions for the improvement of hogs and cattle, not a dollar was contributed to the improvement of the human race. A committee of 100 of the Learned Societies started a propaganda which resulted in the present United States Public Health service. But the Agricultural Appropriation Bill calls for something like $360,000,000, for Agricultural work, and the protection of Animals, while the amount appropriated for public health work is a trifling part of this sum. (Figures for both will be shortly given.)

A Government for, of and by the people is a fine thing. It has worked very well when the population was small, but the time has arrived when we must make the government what we say it is, instead of leaving the affair to professional politicians, as we are doing at present.

We have a great many things to complain about, as well as many to be proud of, but we should not be proud of the neglect of the individual of his political duties. We should be ashamed of the record. Fortunately the women have secured their rights, and while they are as yet pretty dumb on the subject of prohibition, they will learn the facts and do their duty, in time. And it was a woman who first pricked the most irridescent of the prohibition bubbles. All of which does not prove that the woman are not largely to blame for the curse of prohibition, or that men will not have further cause for regret if they do not meet their responsibilities, at least to the extent the women are doing.

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LONGEVITY

The determining factors of Longevity are so complicated and varied it has not been possible for man to control the number of years of life, largely because he has been too busy with routine pursuits to take the time to analyze its manifold factors.

Dr. Nasher says, "a living cell, supplied with suitable nourishment and provided with suitable means for the removal of effete material of tissue change is potentially immortal." This is perfectly true—theoretically —not true, practically, or rather it is probably impossible, at present at least. Life has been maintained in such cells in the laboratory for prolonged periods, and if it were worth while could be maintained for much longer periods than at present seems possible.

Metchnikoff said there is no good reason why human life cannot be extended to 150 years as well as 70, and he declaimed against the hardship of having to die just as his knowledge, gained from study, observation and experience had reached an interesting period. He studied the subject of longevity, and developed knowledge which has increased the span of life for all who have observed and made use of it. While he lived to be only seventy years old, we shall show, when we again take up this phase of the subject, that one of the reasons for the limitation of his life was due to his failure to comprehend the association of his own discoveries with all the truth those discoveries made discernable.

Another statement which is almost axiomistic, and which few if any competent persons will dispute, is, if any person will endeavor to make use of the available knowledge, the life period will be extended, often in a proportion greatly in excess to that of the unutilized knowledge.

To assist in the attainment of long life, as well as in avoiding sickness, is the object of this publication.

It may be there are those who will ask what political questions, and even such subjects as human subnormality have to do with Longevity. Every factor entering into the problems of life have to do with Longevity, not only for the individual, but for the community. The institutions of the country in which we live, current legislation,

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the behavior of politicians, methods of taxation, in short, activities of all kinds and varieties which influence the life of the individual have to do with longevity, and possess an influence, more or less direct, upon the length of life of each individual in the land.

It is the failure to consider these factors upon which have determined life even as much as the expedients which the many writers upon the subject have determined crucial factors. The psychological impression upon the individual of the affairs of life is only lately coming to be appreciated. Our knowledge of the operations of the continuous changes going on in the human body is still far from complete. From time to time individuals appear, who, because of some eminent position into which chance has introduced them, whereby their sayings have greater weight than the sayings of others, some of whom may be equally or even more comptent, are able to put forward with success statements or theories of the most absurd character. Such, for example were the pronouncements of Dr. Rush, both on prohibition and on longevity. Osler contributed more than any other man to the therapeutic nihilism which has influenced physicians profoundly in such a way as to prevent the use of simple remedies which were used in older times with so much benefit to humanity.

It thus becomes clear that the individual is responsible, not only for his acts concerning the conduct of his own life, but also for the welfare of the community, in this land where the people rule, if the full benefit of all things which make for longevity are to be realized.

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THE SECRET OF DEATH. "OLD AGE."

For centuries man has been searching for the secret of life—for an elixer, or a water or some other agency to combat old age, and for the reason we can only go so far before death overtakes us.

Most diseases have been described, are curable or can be prevented, and the cause for any death which occurs before maximum ages have arrived are pretty well understood.

The final reason for the termination of life at about 70 has not been explained. And yet it has been pictured and described. Here is the picture.

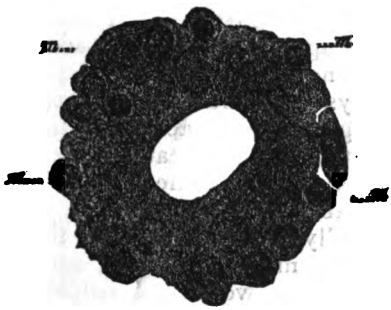

FIG. 14. Section of a Renal Tubule, invaded by Macrophags, from the body of an old man of 90 years. m=macrophag. (From a preparation made by Dr. Weinberg.)

FIG. 15. Cell from the brain of a woman 100 years old being devoured by macrophags. (From a preparation made by Dr. Philippe.)

It is from "THE NATURE OF MAN" by Mechnikoff. I do not know whether Metchnikoff is entitled to the credit or not. From the fact that he credits Dr. Weinberg with one, and Dr. Phillppe with the other I should say he did not claim the credit, though, if he directed the work, he did deserve the credit. The work on Phagocytes is credited to Metchnikoff, and so perhaps the whole credit belongs to him.

But he did not read the riddle, though perhaps his work on auto-intoxication, which makes the reading of the problem easy, entitles Metchinikoff to the credit for the development of the knowledge, which as I read it today, tells us how we may live on indefinitely if we

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acquire and use the knowledge.

Metchnikoff did not tell us why the macrophags destroy the cells of the brain, and the renal tubules, though he says, "I think I am justified in asserting that senile decay is mainly due to the destruction of the higher elements of the organism by macrophags."

Is not the following the explanation?

The poisonous gases of the body are largely exhaled through the lungs. We are always throwing them off, but more rapidly and effectively while we sleep. In the course of life we form the habit of increasing bodily work, in the performance of our duties and pleasures, to say nothing of our anxieties and difficulties. We arrive at a time when we have increased our work and our food to figures where nature cannot clear the body of the poisonous gases during the hours we are able to give to rest. The cells of the brain and the tubules of the kidneys, as well as all other of the tissues of the body become saturated with the poisonous gases, and remain so. The office of the macrophag is to remove poisons from the body, and when the nerve cells of the brain and the tubules of the kidneys have been sufficiently saturated with the poisonous gases, the macrophag begins to remove them, and continues until death ensues.

This is what old age means as we use the term.

All of this is easily preventable.

Uninterrupted fatigue usually appears early in the eighth period. It is followed by many affections, such as rheumatism, which interrupt the work and enforce rest. But it goes on, because we have not understood this problem.

In subsequent issues I shall begin with discussion of the first period, and follow the subject to the last, which will admit of such explanation as is possible of the factors which lead up to the condition shown in the picture, and I see no reason, not only why we cannot conform to the requirements, but why we should not do so from every standpoint.

We spend the first third of the present entire life period in bringing the body to complete growth and in training the body and mind. The next third we experiment with the world, and those that survive use as much as they secure of the time in staving off the consequences of the ignorance, apathy and disregard of available knowledge which lead to the final catastrophy.

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ABOLISHMENT OF LIBERTY

The impudent declaration of the purpose of a group of self-appointed, and so-called Reformers to obtain the enactment of laws prohibiting liberty of action on Sunday, would be quite sufficient to arouse definite opposition, even if these persons had not already offended to a degree requiring correction.

Already equipped with one of the most cunningly devised organizations ever brought together for the delectation of the world and for their own profit, prompt action in the further development of their fanatical aims seem imminent. The usual barrage of threats to expose the sins and weaknesses of any lawmaker who dares to oppose them has already been fired. Practically secure from fear of indictment for their blackmailing threats, having escaped the consequences of their acts so long, they seem determined to readjust the institutions of our hitherto free country, to their liking, forgetting that these insttiutions have been bought by the blood of patriots, the fruit of sacrifices which began with the redemption of the world from Feudalism.

It is perfectly apparent that so long as this type of activity is permitted, real progress in human development, along sane lines, will be delayed and obscured. Psychological examination of our soldiers during the late war indicated a frightfully large percentage with a mental age of less than thirteen years. These results may well give rise to the question of what the real percentage for both sexes, and for the entire country must be. Apparently it is 40 per cent, if it is not 50 per cent or more. The human inefficiency, the absence of capacity for securing human happiness thus revealed should engage our attention and practical help to the exclusion of so-called reforms of the prohibition type, which investigation will show are based upon ignorance, bigotry and fanaticism. Indeed it is perfectly well known that ignorance is one of the phases of mental deficiency, and it it self evident that bigotry and fanaticism are equally marks of mental subnormality. Of the proofs of this we shall have more to say later. Briefly it may be said that it is beyond question that the prohibition type differs only from the socialistic and anarchistic in methods of

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expression, due to the widely varying forms in which mental deficiency is manifest. The thing that is needed is to take the concepts of these individuals, of the several types, discuss and characterize them as they are. In the course of time it will be necessary, first to seggregate the individuals for their own protection and the protection of the state, and second to use all available means to prevent reproduction of their kind. All of this has long been proposed for mentally defective children, and neglect of it has resulted in most of the ills to which is due the present suffering of the world. In the issue of Nov. 29 of the New York Tribune an Editorial closed with the following; "Marx ended his famous manifesto by telling the workmen of the world that they had nothing to lose through revolution except their chains. No greater falsehood was ever promulgated." The first mentally competent person who ever read Marx saw the truth of this as plainly as the Editor, and probably flung the book from him in disgust. This would be all right if Marx had been an ordinary incompetent, and if incompetent persons had been in a decreasing, instead of an increasing quantity. Until the world assumes its duty, providing for the well-known factors upon which the development of the mentally incompetent depend, defectives will continue to increase in undue proportion, and if our neglect continues, our civilization will disappear as the civilization of the Easter Island has done, leaving a small remnant of defectives, who, at last, will also disappear.

To this class belong the whole excited throng who are engaged in attempts to bring up the world in some new, and totally different way from that of normal evolution. It is too late for safety to attempt to secure improvement through more extensive work among children, though this will be done, and is already in rapid progress. Means must be found to check the activities of which socialism and prohibition are of the commoner type. The subjects have become sufficiently interesting, through the havoc that has been wrought in very late years. The Weekly Review, in a recent issue asks what the newspapers propose to do about the 19th. and 20th. Amendments, and whether the same apathy that marked the prohibition episode, will continue. The very inquiry indicates awakened interest, and probable action.

We propose to take up the subject of prohibition, from the time of the man who first proposed it, and to review the arguments which he presented, together with the variations which have been developed, and to show

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the mental caliber of each advocate who has presented anything approaching originality.

It is to be remembered that no opposition of a forceful nature has been apparent, which was calculated to prevent the adoption of the so-called Eighteenth Amendment. Prohibition propaganda really dates from about the year 1785. At various times, and in various places it was proposed and opposed, and locally it has been occasionally successful, but generally unsuccessful.

So far as the climax is concerned, little or no opposition was apparent. Governor Edwards opposed prohibition as an infraction of the liberty guaranteed by the Constitution. A few men in politics, with sufficiently clean records to be immune from the blackmailing threats of militant prohibitionists have opposed prohibition. The Priests of legitimate religious organizations, in large numbers, have declaimed against it. Aside from these, and the silent opposition of a respectable portion of the public, too busy to oppose, there has been no effective resistance to the forces which, by unrighteous methods, have (in pretence, at least) established prohibition.

One would assume that the distillers, brewers and others with property interests at stake would oppose prohibition. It is not to the credit of some of our past law makers to be compelled to say that those of us who have seen much, especially in our state legislatures of the manner in which, at times, moneyed interests have been compelled to buy immunity from obnoxious legislation by bringing powerful interests to bear, on the payment of bribes, are wondering if it was not expected these interests would make it worth while to someone to prevent the passage of the prohibition laws Of course no one would suspect the last Congress, or the one before it, of such unworthy designs—their economy and efforts against waste and extravagance would disprove it. Also, no account was taken, generally, of the possibilities of accumulating a fortune in a brief period through the incidents of approaching prohibition, as was certainly done, by distillers, brewers and saloon keepers. From three to ten times as much alcohol has been consumed during the prohibition excitement as was used in any similar period—the real fruit of prohibition effort.

This factor, therefore, has contributed to the enactment of prohibition laws, rather than having deterred it.

Another cause which has contributed to the degree of success which has attended the efforts of professional prohibitionists, is to be found in the superficial reason-

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ing which follows observation of the results of the excessive use of alcoholic beverages by the small number of persons addicted to such excesses, in which it is concluded that such persons would be benefitted by compulsory abstinence. If the causes leading to excesses were removed, excesses would not obtain. If the world was doing its duty by intemperate individuals, in their childhood, there would be no intemperate persons. In other words, there is a correctible cause, which should be applied, and will be applied when we begin to pay attention to available knowledge on this important subject. Drunkenness from alcohol has decreased in proportion as the available food supply has increased.

Still another contributing cause to prohibition sentiment, which has perhaps carried further than any, because so few except frequenters of saloons really know anything about them, is the bad reputation which has been fastened upon the saloon. Little progress attended the efforts of prohibitionists until they adopted the name of the "Anti-Saloon League." It was not remembered that the saloon is "the poor-man's Club"—a place of refuge from the elements, where the poorest bum was sure of sympathy, and a decent word. There he might rest awhile, and obtain refreshment at little cost. Even a large number of more respectable men have found in the saloon a place of refuge from humdrum, and a satisfaction of the social instinct which requires human contact for the relief of melancholy and the maintenance of sanity.

The saloon is, naturally, the resort of the type of human defectives we call criminals. As long as we continue to believe the criminal responsible, it is logical to think his resorts should be closed. We shall learn, after a while, that society is responsible for criminals, and must, sooner or later, assume that responsibility.

Probably the most important basic cause through which prohibition theories have received support, is to be found in one of the commonest human characteristics. Each one of us incline to the belief that the particular food, prepared in the particular way in which we use it, is the ideal which ought to be attained by the remainder of the race. It is remarkable how far we will go to persuade people to do the things we think they ought to do, instead of the things they want to do. Authority for the Inquisition was obtained on the ground that heretics would go to hell anyway, and it would do no harm to start the fires a little sooner, and give them a chance to repent while repentence was still possible. This phase

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of humanity has resulted in two ever changing classes; one wishing to do something to the other, and the other objecting more or less ineffectually. The Pilgrims left England to escape what they thought an interference with their rights. After they landed on the shores of "free" America, they instituted the stocks, the ducking stool for their too talkative wives, destroyed 80,000 Indians and burned people at the stake for witchcraft. Pliny, almost two thousand years ago, describing a method for making wine from corn, said, "So exquisite is the ingenuity of man in the gratification of his vicious appetites, that he has thus invented a method of making even water intoxicating." He had the real spirit of the prohibitionist, was as ignorant of the basic facts, and as tinctured with acidity.

Our forefathers, even the blessed Pilgrims, used alcohol lavishly—some of them—while some of them found, after food became easier to obtain, and as the prohibitionists have found, that the eating of sufficient bread and other food, results in an even more interesting state of intoxication. It is the latter type who now propose to eliminate the use of alcohol, not from their own diet because that is ample to afford the more lasting type of intoxication they prefer (while its ill effects are much more remote) but from the diet of those who use it with benefit, as well as those who use it in excess.

To cover the whole field of prohibition propaganda appears at first sight to be a huge task. And so it would be if it were not for the fact that one individual was the real originator, is known, and his writings are still available. A little has been added, but this also is available, can be traced directly to the authors, and differs little from the original. Moreover, this man was a voluminous writer, which affords material from which we can see his character, and, because of his prominence, form an excellent judgment of the value of his opinions.

This man was Dr. Benjamin Rush, Professor of Chemistry in the University of Pennsylvania in the latter part of the eighteenth, and the early part of the nineteenth centuries. He was loquacious to a degree, and was apparently as fond of the sound of his own voice, and the product of his pen as his successors in the prohibition game.

From the time of Rush to today we have had a constant stream of individuals even more willing to make impossible assertions than he, and as defiant of the principles of truth. Thus in the Sunday (Nov. 28) issue of the New York Tribune Wilber Fisk Crafts, called Rever-

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end, is reported to have said to a representative of the paper, "I am a Christian Lobbyist, and I represent 28,000,000 Christians." Aside from the question of whether he represents anybody but cranks and fanatics, there is the question whether there are 28,000,000 adult Christians in the whole country. It has been authoritatively stated that of the hundred million people in the United States, sixty per cent are not affiliated with any church. Using the more conservative figure of forty million not connected with a church, Craft's twenty-eight million would require to comprise a considerable number of infants in arms.

Assertions of the above wild character mark the steps of the militant prohibitionist, show his real character and dependability, and the extent to which intelligent beings are warranted in accepting a single statement they make.

Until the present, while, as we shall show, the work of the prohibitionist has been marked with some of the most terrible calamities that have cursed mankind, the respectable element has not found it necessary to combat it. It is high time this task be undertaken, and we propose, as we proceed, to take up every item, past, present and to come, trace it to its source, and point to its errors.

While there was probably to be found numbers of persons who have declaimed against the use of alcoholic beverages from the earliest times, Dr. Rush is credited with having been the first to propose the prohibition of the use of such beverages, by legal enactment. The article in which this proposition was made comprises several thousand words, under so many headings, that it would not be advisable to attempt to discuss each item. We shall therefore be content, for the present, with the presentation of sufficient material to show the absurd character of his statements, and since he then occupied an honorable position, to show, briefly, how little value is to be placed in his "expert" opinions. We shall later produce, one by one, his seperate statements together with the necessary proof of the falsity of each. It is regrettable that such action is necessary, as there is no desire to discredit his general work or standing. In the face of the result of his work concerning prohibition no other course is open, if the beneficent ends for the establishment of which the Constitution was formulated, are not only to be attained, but to even appear possible.

The article in which prohibition was proposed, was published in 1786, and had wide circulation. In it Dr.

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Rush said that poverty, crime and disease are caused by the use of "toddy," and that "toddy" should therefore be prohibited, though he congratulates Philadelphia upon the establishment of a brewery! Not only the known diseases, but a series of "mysterious symptoms" had been "recently discovered" by physicians, to be the result of drinking "toddy." The "roofless barns," the "broken down fences," the "naked children" and the "ill-fed mothers" to be seen by anyone riding along the roads leading out of Philadelphia, were due to "toddy." The whole long article is based upon the simple opinion of Rush, and not a fact worthy of notice, or supported by even an attempt at proof, appears.

So high was the standing of Dr. Rush that temperance societies were organized, not only in America, but in England. Henry Waterson said "There is never a cause so weak that it does not stir into ill-timed activity some wild, unpractical zealots who imagine it strong." As, at times, the movement attained a degree of magnitude, it was opposed by the intelligent, waned and halted, only to be again taken up by a new lot of "Zealots" whose type is such as to make such procedures natural. It attained full tide during the war, when at once two factors made it possible—the extension of hysteria by large numbers, as always occurs, and the intense occupation of the well-balanced minds in the affairs of war, as well as the absence from the country of enormous numbers of persons. Without these factors it would have been impossible to secure the legislation which was obtained while the nation was mourning for its dead, and in keen anxiety concerning loved ones in foreign lands.

Though the writings of Rush upon this subject, (as well as some others) excite the derision of the intelligent, the effect of them was so marked, and so certainly the first cause of militant prohibitionism, that it becomes necessary to go a little more fully into his history, to show the character of mind that could give rise to such a series of pernicious activities. It must be remembered, in partial justification of the mistakes of Rush, that there are still diseases, the ultimate cause of which we do not know. Rush did not show judgment inferior to many lesser lights in the profession who were, and still remain, willing to find in alcohol a cause of the diseases they have been equally unable to comprehend. Moreover, the nature of the disabilities of life are such that the physician is engrossed in relieving immediate and distressing conditions, acting as a repair man, from necessity, until it is remarkable that he finds the time to dis-

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cover the causes of disease, or to learn as much as he does know concerning prevention. Before we conclude we hope to show that in this very problem which we are so seriously discussing, we have factors which show the need of immediate consideration unless we are willing to see our civilization extinguished.

Dr. Rush was bitterly opposed to General Washington, said "he would never end the revolution" and was a man of no consequence. History has shown how far from true were the opinions of Rush concerning the Father of Our country. Rush's opposition was the resentment of an inferior to a superior mind.

Dr. Howland Chase, in his book, "The Ungeared Mind" says:

"In the early part of the last century Dr. Rush contrived a chair, which he called a 'gyrater.' Into it an insane patient was strapped, and by mechanical means, rapidly spun. The rotary motion was supposed "to give a centrifugal direction of the blood towards the brain, and thus cure the patient. The remedy had but a short career, and for obvious reasons was soon abandoned."

This incident occurred many years after the epoch making act of Pinel, who in 1793 delivered the insane from the chains with which they had been loaded, and instituted a new era in the treatment of this unfortunate class of human beings. Indeed it must have occurred long after the establishment of the era which Dr. Chase describes as follows:

"In the early part of the last century a wave of reforn respecting the care of the insane arose and swept through Europe and America. The insane were taken from the common jails and almshouses, and were placed in comfortable homes and resorts, which were especially built for them, and laws were enacted looking to the amelioration of their sad estate. Wonderful achievements were effected by these humane procedures, which form the basis of the successful treatment of this afflicted class today. We no longer load the insane with chains, nor let them flounder as though they were abject wrecks of humanity, but we give them support in order to make them, if possible, useful members of society."

Of the manifold tortures to which the insane were subjected, the "gyrater" invented by Dr. Rush would seem to surpass even the rack and thumb screws in cruelty. Rush must have made dissections, and so have at least a limited knowledge of the contents of the skull. That he should expect "centrifugal action" to result in any such "centrifugal direction of the blood towards the

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brain" is on par with the mentality which marks his sour discussion of the effect of alcohol. Tredgold mentions cruelty as a frequent characteristic of the mentally incompetent, the mark of which is to be seen in all the actions of the fighting prohibitionist. At any rate, the incidents quoted concerning Dr. Rush prove his opinion unworthy of the slightest confidence, and his knowledge of events, even of his own time, and in his own field of endeavor, to be most superficial.

John B. Gough and a host of others down to the man whom Governor Edwards described as "with a mouth as wide as the Platte, and as shallow" have repeated the arguments of Rush, and injected the hysterical element so typical of certain religionists.

From time to time alleged facts and figures have been introduced, for the purpose of winning adherence to the pernicious prohibition propaganda, only to fade away in the light of intelligent investigation. Thus, there was quietly circulated among the patrons of summer hotels during the past season, a story of the enormously increased industrial output, due to prohibition. The manner in which the thing was done indicates its origin in the employers of labor who had been promised such wonderful things through the abolition of alcohol. Even while the porpaganda was going on the Fidelity and Deposit Company of Maryland was exhaustively investigating, among others, this very thing. "The utmost care was observed to insure a high degree of accuracy." The results show that except for the region of the "East North Central," where it was reported the industrial output had slightly increased, there was no increase whatever. Prohibition depends for its support upon false representations, and upon ignorance of every one of the basic facts which relate to the effect of alcohol upon the human body. Of the larger field in which the ethnological relations appear, the prohibitionist is as innocent as a babe in arms. The distinction between the vicious prohibitionist, the one who, embracing the opportunity to obtain money by hysterical appeals to the unthinking, and ill-informed, has wrought such havoc upon the lives, happiness and liberty of mankind, and his dupes who adopt the cult, must be remembered. Among the latter would probably be found many who could pass the ordinary psychological examinations to a normal mental age. The writer believes the militant prohibitionist would show marked deviation from the normal, as his work and revealed characteristics so clearly indicate.

Manufacturers were told, and found it easy to

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believe that in eliminating the drunkeness of Saturday, the men would be promptly at work on Monday—and so they generally were. But in the following week absenteeism increased to such an extent as to be widely noticed in the newspapers. The physically weak laborer, who, through the beneficent effect of alcohol imbibed in his weekly spree, though frequently unable, because of the secondary effects of the excessive quantity of imbibed alcohol, to appear Monday morning, was nevertheless able and willing to put in an effective week's work, and did not disappear, from exhaustion on Thursday, as he did do after he was no longer able to get the spirits, of the necessary good quality, on Saturday. Undoubtedly he did drink too much, because we are likely to use to excess the remedy which gives us ease from derangements which follow work in excess of the amount of the individual physical capacity.

The remarkable beneficial effect of alcoholic beverages upon the physically weak, is too little understood. From the time of Rush until the present, many physicians have asserted there are no effects of alcohol except bad effects. They represent the same breadth of intelligence as that which gave rise to the saying "there are no good Indians except dead Indians." Such ignoramuses will be among us until society undergoes the grading which is long past due.

The only nations that have progressed in the last ten centuries are alcohol consuming nations, and the rate of progress of these is in direct ratio to the variety of alcoholic beverages, and the quantity of such beverages consumed. Such statements are surprising, but the truth of them will appear when anyone of suitable knowledge and training, will consider it. The effect of the sudden introduction of alcohol among primeval people is often quoted against it, through the same ignorance of underlying principles as characterize the reasoning of prohibitionists upon all subjects.

Ten million lives, six hundred thousand of them in the United States, chargeable directly to prohibition propaganda, were lost in the epidemic of 1918 because in Russia, the point of origin of all epidemics of influenza, prohibition had been in effect during the final months of the monarchy, and for some time thereafter. The epidemic was marked by a degree of virulence never before experienced, because vodka could not be obtained. After this degree of virulence had been developed, no remedies were effective, in the worst cases. To show the characteristic stupidity of the ordinary prohibitionist, let us re-

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late that a lawyer in Jersey City, when told of this incident, remarked that he couldn't see what prohibition had to do with it, as we had plenty of whisky in the United States at the time! This same lawyer quoted one of the stock arguments about the decrease in crime, due to prohibition, especially in Jersey City! He knew perfectly well, that at the time he was speaking there were 200 saloons running wide open, had been ever since last July and that more drunkenness is to be seen under prohibition than ever before. He heard the argument, and repeated it, parrot like, as they all do.

It is not alone that prohibition has already brought about dreadful results; that our liberty is threatened, and that we are told the end is not yet. There are at liberty in the world a host of individuals whose power for working evil is almost unlimited. It will be found that the beginning of the development of this type closely follows the beginning of Socialism. But it is not due to socialistic agitation, which is an accompanying manifestation, and among the results of the same cause, that cause being the lessening of the severity of punishment of minor offenses. Even as late as one hundred years ago there were more than one hundred and fifty crimes punishable by death. When these laws were in effect, the type who have given us Socialism and Prohibition were lessened in number, steadily, through the action of the now abolished laws. We do not hang them now. A few of them we are caring for in the training schools. The lower types furnish the majority of the occupants of our jails, other prisons, and asylums, but a majority of the higher types are at large, working the evils of present day Russia, authors of untraced crimes in all parts of the world, and still others consumed with wild schemes for the "reform" of ordinary, harmless and even beneficial human acts, which they see in distorted forms, through untrained eyes, and which their irregularity formed brain cannot comprehend. We hang or electrocute a few individuals, of the least dangerous type, but the wholesale murderers are strutting in public, boasting of their deeds, and magnifying them. And they are threatening members of Congress, and of our legislatures that they will spend the money of their dupes to defeat, and destroy the character of any who fail to obey their commands, or attempt to interfere with their vicious activities!

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ELIMINATE RELIGION FROM POLITICS

The writers of the Constitution knew the dangers which attend the mixture of religion with political matters. Therefore, aside from the guarantee of freedom of worship, religion was omitted.

These men were familiar with history. They remembered the awful consequences of the clashing of religious sects, the killing and tortures and burnings which followed the advocacy of any sect by the ruling power of nations. It was determined that such awful calamities should not become the lot of the inhabitants of our sweet and lovely country, and that this type of war should not impose its misery upon us.

Today there are established in Washington great religous organizations, equipped with vast sums of money, operated by men who propose to inflict their will upon the people.

We expect to show, before we complete our work upon this subject, that the result of the work of these men and their predecessors has been untold misery, in shortening the lives of the people who have lived in the years since prohibition propaganda was proposed toward the end of the 18th. century.

These men are in the city of Washington today with the express purpose of fastening, so far as they can do it, a set of laws upon the people, the result of which has already destroyed more lives than all the wars in which our people have been engaged.

And these men represent only a few, even of the enormous number of sects represented in the country, and of these sects by no means the most intelligent, or most highly educated. Indeed, great numbers of Priests and adherents of the religious bodies where adequate education is a requirement for the Priesthood have declaimed against the pernicious work of these persons who represent sects which were unknown but a short time ago, even to the writers of our constitution. They do not even agree among themselves, and have been split and divided times innumerable by internal wranglings and disagreements.

Nor are they above the practice of unworthy tricks and expedients to impress people by their imaginary

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numbers. When they have used a figure, investigate it, and it will be found false, like their political buncomb.

"Revivals" are held where their "Churches" are called upon to turn out upon a given date to fill the "tabernacle," on a given signal to "hit the trail" so that the irreligious public may be impressed by the numbers aroused by the "famous" revivalist, who, it generally turns out, loses interest in revivals as soon as his nest is suitably feathered. Recently the writer saw a crowd about a church where a revival was in progress. It was six o'clock, and as the meeting did not convene until 8, I asked one of the people why he was there so early. "Oh," he said, "to be sure to get a seat." I asked the man to what church he belonged, and he named a Methodist church in Jersey City. I found, upon further investigation that this church had arranged to be present on that evening as part of the program. Why did they assemble at 6 o'clock? If expected, and their coming was arranged, seats could have been reserved. Were they marshalled there at six o'clock to impress passers by upon the much traveled street?

The claims they have made as to numbers backing their proposed legislation are equally disgraceful.

The Washington bunch do not hesitate to say they are professional lobbyists. Professional lobbyists are a thing not in accord with the institutions of the United States.

Kick them out.

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HOW PROHIBITION WAS PUT OVER

An old man, 135 years ago wrote an article, which was widely published, in which he said poverty and crime, and all other human ills including a number of diseases, if not ail diseases, are caused by alcohol.

His standing at that time was so high the article had great force.

Drunkeness is a subject about which can be woven the most lurid tales the human mind can conceive, and therefore Neal Dow, and John B. Gough, and numberless others, taking the old man's account, painted it in lurid colors, and made fortunes in the lecture field.

Barnum said the American people love to be humbugged, and the prohibition humbug was put over in the minds of great numbers of innocent people, who are always ready to believe anything nasty about their neighbors.

In late years, the prohibition game has been made still more highly profitable, and, literally millions of money have been given to professional prohibitionists, to further the "cause." It would be highly interesting to know who got it, and what they spent it for.

During all this time there has been no one with sufficient interest or intelligence to meet the storm against alcohol raised by the above described interests. Level headed people have not been fooled at all. Even though the prohibition story has been served in such a plausible manner, and with so many apparent facts, it is so devoid of the smallest semblance of truth that it has not fooled all the people. But no one has been particularly interested in combatting the prohibition fake.

All of the siren songs of the prohibitionists have been based on the statements which Dr. Benjamin Rush made 135 years ago. Very few people ever heard of Rush, yet such is the virility of nasty stories that they have been handed down from generation to generation.

We shall show that the opinion of Dr. Benjamin Rush on this subject was not worth five cents, and the alleged facts he makes use of are false, and we shall follow down the line, even to the "ministers", who, while the country was in the throes of war, and the people mourning for their dead, grasped the opportunity, like a thief in the night, to get the 18th Amendment passed.

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Crime, Delinquency, Disease, Feeblemindness, Insanity and Poverty.

At one time the prohibitionists claimed all of the above were due to alcohol. More recently they have modified this by saying "most" of these terrible afflictions are due to alcohol.

We shall take up these subjects so far as possible in the first issue of LONGEVITY, and shall discuss them in all subsequent issues until we have presented all the known facts relating to each one of them.

It will not be at all difficult to show that Crime, Delinquency, Disease, Feeble-mindedness, Insanity and Poverty are not due to alcohol. Indeed it is not a compliment to the mentality of the age that such claims can find their way into newspapers and other publications supposed to be run by the more intelligent type of men.

Whenever an incompetent doctor is unable to correctly diagnose a disease, he has charged it up to alcohol, or arteriosclerosis. For a long time it was alcohol alone, but in the last fifty years a doctor had to be dumb indeed to fail to see the fallacy of the alcohol bugaboo. Arteriosclerosis is getting to be much more popular. It is a fine large word which the average man cannot possibly be expected to understand, and which can be relied upon to impress the patient with the wonderful knowledge of the Doctor. Fortunately, there is really such a thing as Arteriosclerosis, or hardening of the arteries, and as it is undoubtedly a factor in limitation of human life, it will be given due consideration in LONGEVITY. Some of the Medical Alcoholophobists say arteriosclerosis is caused by alcohol, and therefore we shall publish in this issue a short article which very clearly shows the true cause of hardening of the arteries.

This criticism of a few doctors must not be applied to all. A majority of the doctors are wonderfully well informed. Humanity owes them a debt which cannot be paid. A large number of them have written and worked against prohibition, and if lawyers and ministers had been equally intelligent and honest, we should not now have prohibition.

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THE HELLISHNESS OF PROHIBITION

If one single statement of the prohibitionists were true, excuse might be found for the persons who have brought it about. They are not true.

If it were merely a question of taking away somebody's pleasure or happiness, it would be open to excuse. Even if it were merely a question of destroying the lives of ten or twenty million people, it would not be as bad as it is.

But while the present propaganda for prohibition is going on, and while people believe the lies of prohibitionists, the attention of the world is attracted, and kept away from the real causes of human subnormality, crime, delinquency, feeblemindedness and poverty, which might be (and will sometime be) remedied, when humanity is taught to take care of its own.

The effect of prohibition is therefore not only to destroy the lives of millions, as it has certainly done, nor to take away the happiness of great numbers, but it is making its imprint upon coming generations with the mark of hell, and dooming untold millions to misery and crime.

That "ministers" can be found who will handle such a mass of falsehood, misrepresentation, malicious viciousness and ignorance as marks every feature of the prohibition question, will become an outstanding wonder to history. With the surveys of numerous municipalities available, which show clearly that alcohol has nothing to do with the evils charged to it, with the modern books of Science also proving the same thing, yet these persons close their eyes to TRUTH. Can anyone doubt the magic of the dollar mark professional prohibition carries upon its malicious countenance?

There is not a phase of prohibitionism which is not diametrically opposed to the teachings of the Moralists of all ages, religious or otherwise. Not a single feature of it can be correlated with these teachings. It is the ideal occupation of every influence of evil, and the poison vapor that would consume all living things were it not that it carries its own damnation with it.

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PROHIBITION, "BRIEFLY AND MILDLY" REVIEWED

Under the above heading in The Journal of the Medical Association for Jan. 22nd., 1921 appeared the following letter:

Gentlemen: Upon the receipt of your request I am reconsidering; my check for 1921 please find.

Permit me to briefly and mildly state my reason; it is your part in imposing upon us the tragedy of prohibition. Already it spells national disintegration. It is a black pall of tyranny masquerading as reform. An aggregation of sleek hypocrites took advantage of the war to force upon the American people the adoption of this bastard child of mohammedism. We now find ourselves the junior of that renowned triumvirate, Turkey, Russia and the United States. Surely an exalted companionship. We shall now find our private homes subject to search by long-nosed prohibitionists. Lexington and Bunker Hill have been forgotten. The violation of the sacred privacy of the home by King George Redcoats, was the chief cause of the Revolutionary War. Already the results of its operations give the direct lie to its advocates. They heralded from the housetops that it would remove 90 per cent. of crime. It has increased crime everywhere. Its advocates lied and they knew they lied. It will, if continued ten years, create a nation of dopes. Coca Cola will be the chief offender. Murder, suicide, perjury, private drunkenness will double their highest maximum record in ten years. I am an advocate of temperance. Temperance and self-denial must be inculcated into the people. You can't legislate these principles into the people. The solution is a moral one. You prohibitionists brand the maker of alcohol for beverage purposes a criminal. God made, drank, and dispensed alcohol. Was God a criminal? I match against Hobson, Anderson, Wheeler, et al. Almighty God. They or God, which? There is no purpose in arguing this question with a doctor who thinks or thinks he thinks that alcohol has no place in medicine. Such a one is either a liar, a knave or a fool; I think all three. Now, Mr. Editor, if your are four-square you will publish this letter exactly as written here, or accepting the indict-

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ment plead nolo contendere.

Charles J. Cummings, M. D., Williamsport, Pa.

It is quite evident that Dr. Cummings had decided to discontinue his subscription because of the frequent articles published in this prominent journal, favoring prohibition, reconsidered his decision, and sent his check.

We have not space in this issue to give this matter the treatment it deserves, but in later issues we shall review the articles which this Journal has published in which some of the most absurd propaganda of all the rotten prohibition arguments have been put forward, with such comment upon the matter as it may deserve.

One of the articles, in which an alleged chemist punched a hole in an egg, introduced alcohol, hatched the egg and obtained a deformed chicken was published as an editorial, an argument in favor of prohibition!

It merely shows that prohibition agitation has lessened the proper use of alcoholic beverages until human intelligence is reduced to a low figure.

WORKS ON LONGEVITY

There are listed in the New York Public Library about 150 works on Longevity, and we hope to be able to review each one in a series of articles to be published.

We hope also to publish articles on the subject by several men who have investigated it deeply, and who have brought out some of the factors upon which Longevity depends.

A physician once said to me "We cure diseases which physicians in other sections do not cure, and physicians in other sections cure diseases which we do not cure."

This indicates a phase of our subject which is not only interesting but may also be of the highest value. Indeed, consultation of the Annual reports of Boards of Health of the various states indicates a wide difference in the proportionate number of deaths from various diseases, which offer a field of study which is of interest not only to statisticians, but also to students of the subject.

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WHAT IS MEANT BY SOCIAL SERVICE?

By Dr. Theron C. Stearns

The proposed organization of a Social Service Board, or Committee, in every Diocese, and in each Parish of the Episcopal Church in America appeals to me as the greatest single step for the effective extension of Social Service work thus far attempted. In making such a statement I do not lose sight of the fact that a vast amount of Social Service work is already being done in many places. The authoritative organization of such Boards, in a systematic manner, will not only bring into activity important influences not now in operation, but will add to the effectivity of work already in progress. So important does this step seem to me, that after fifty years of effort and desires in this direction, I seem to see in it all my dreams come true. Scattered and isolated work is strenuous, wearying and ineffective. Organized work with the vitalizing influence of the Authority of the Church behind it, means accomplishment where it would not be otherwise possible. One needs only to hear the stories of the Rectors of such Parishes as have already engaged in Social Service work, to realize the benefit which is certain to accrue through the organization of a Committee in all the Parishes.

Social Service means so many types of work, that we need such a classification as will make the subject clear. Of all the questions I have been asked concerning the work, the commonest, and most frequent have been "What is Social Service" It is asked by Clergymen and people alike, and the answer is not so difficult as the extent and variations of the subject would seem to imply.

As Social Service is concerned preeminently with human life, it follows that the several periods of life form a basis, or outline, about which we can group the highly variable activities of the work. Only by such means will it be found possible, especially for the layman, to form an adequate comprehension of the several departments and fields of the work. The ten crucial periods may be classified as follows:

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1st. The time in which factors of Eugenics operate.
2nd. The Prenatal Period.
3rd. The first month of life.
4th. The first year of life.
5th. From the beginning of the 2nd., to the end of the 5th. years.
6th. The School period from the 6th. year to puberty.
7th. Adolescence to completion of mental development, at 30.
8th. Maturity, from 30 to 45.
9th. Age. This begins at different periods, according to the results of environmental development, usually about 45, and is marked by changes in the eye requiring correction by the use of suitably fitted glasses.
10th. Senility, beginning from the 60th. to the 65th. year, generally marked by mental inefficiency, but often long deferred, though occasionally developing much earlier than the periods named.

In addition to the life periods, we should have in mind the larger divisions of the subject. These are

1st. Individual, as above set forth.
2nd. Community interests.
3rd. Political interests including
    a. National
    b. Racial
    c. The World.

Every one of these divisions present problems peculiar to it. Most of them are interesting to a degree, and of the highest importance to Civilization, as all will agree. Until Christianity came into the world no moral system existed capable of illuminating and actuating the factors in this vast subject. No other system or ethnic influence has or can approach solution of the problems, or arrive at effective conclusions.

The earlier centuries of the Christain Era were marked by the difficulties of the struggling Church, and the preaching of the Gospel in pagan communities. The dark ages were marked by bloody strife between religious organizations, which continued even long after the tenth Century to the so-called reformation and still continue in academic phases to the present day. All along the idea has seemed to be to prepare for death, instead of the development of life, as Jesus taught. Even now, with a few rare exceptions, leaders in the religious world, deaf and blind to our own experiences in Foreign and Domestic Missions where Social Service is the dominant

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effort, and makes possible the establishment of Christianity, these essential factors are overlook or ignored.

A meeting called by a prominent Social Service Organization, to devise means for the establishment of Social Service Boards in each Parish, and in every Diocese, was principally occupied by the intrusion of labor discussion, while Social Service, the object of the meeting, was only briefly discussed by two or three members, and the real object of the meeting was totally obscured.

And yet, there were present those who realize the vast importance of Social Service work, men who have already given generously of their time and effort, and it is certain that the work is going to be continued and developed. It is therefore timely to put into print the answer to the question, "What is meant by Social Service?"

The subject is difficult, because it is complicated. It covers almost every phase of human life, and almost every field of human activity. And there has never been but one man with sufficient breadth of mind to express in a few words, comprehensible to the average intelligence, so great a subject. In the last fifteen verses of the 25th Chapter of St. Matthew these words will be found with full significance, and also with all the potent association.

"I was an hungered, and ye gave me meat.
I was thirsty and ye gave me drink.
I was a stranger, and ye took me in.
Naked, and ye clothed me.
I was sick and ye visited me.
I was in prison, and ye came unto me."

As the first gleam of silvery light from the star of Bethlehem was the first signal for the good to the world which is the basis of the aim of all Social Service, so these words define its acts; "Take my yoke upon you AND LEARN OF ME."

It would be interesting to go into all the phases of the subject, and to do this should be the aim of every person who will study it. We should then learn what is meant by Eugenics, what is being attempted in that field, and what the possibilities are for the future. We can learn that in many regions, Nurses are accomplishing wonderful things in the Second Crucial Period, as well as by the continuance of their work into the third and fourth periods. Dr. Levy, of Newark, N. J., has published an article which shows what can be accomplished in this work, and he also shows the comparison be-

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tween groups of people where the work has been in effective operation, and similar groups where it has not been done, the difference being a large gain for humanity. The fourth period is almost neglected, nor has any effective plan been thus far suggested, except in so far as the Visiting Nurse may accomplish it, when we get sufficiently awake to insist upon this work being done in the region where we live.

It is of the 6th. period I would like to speak, briefly, for it is here that work is already in partial operation, and it would be quite easy to have it extended to its full effect. Children in the school age are building character, as well as body and mind. A great deal is being done, but most of it is at least partly ineffective, and, as has been shown by recent experiments the failure is due, not to cost in money, or even excessive cost in attention. It is due to the fact that we are giving the subject no attention at all in the neglected areas. These experiments prove that the work can be accomplished with practically no expense whatever, even the school nurses being already available. It is a severe criticism upon us, and upon our age that there are undernourished children in our schools doomed to a life of failure and misery because we have no effective system of discovering them at the right time, and of securing their own interest, and through them the interest of the parents, in the furnishing of sufficient food to make the child nourished instead of under nourished. The neglect is not due to lack of of food, or poverty of the parents, because it has been proved that the parents are able and willing to see that the children have sufficient food and rest, when their attention is called to the matter, and its importance is pointed out.

In the Journal of the American Medical Association for July 24, and in the issue of Nov. 27, 1920, articles appeared by Dr. Katherine B. Rich on "Nutritional Work in the Public Schools," which everyone interested in Social Service Work should read. Among 233 children in 13 classes there were the following cases:

54 Defective Vision.
152 Adenoids.
28 Defective Septum.
148 Diseased Tonsils.
21 Granular Pharangitis.
115 Carious teeth.
17 Hutchinson teeth.
11 Defective speech.

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9 Chronic Otitis Media.
178 Enlarged glands.
177 Winged Scapula.
76 Lateral Curvature.
10 Tachacardia.
88 Heart valvular.
175 Fatigue posture.
4 Flatfoot.
64 Goitre.
45 Roughened breath sounds.
20 Syphilis.

This work was done under supervision of Chicago Board of Education of teaching undernourished children of pre-industrial age. Work slow, preferring care and reliability on small number, rather than large numbers and less reliable results.

It was found the personal element on part of teachers was large, with widely varying results, as should be expected. (In Los Angeles these teachers are carefully selected, to the great advantage of the work. T. C. S.) Workers with applicable knowledge of psychology produce best results, other things being equal.

It was found the children were easily interested, and through them the full cooperation of the parents secured.

Undernourished children were divided in 3 groups:

1. Infants and young children up to 6.
2. Ages 6 to 13.
3. Problem of the Individual student.

It is suggested that this is largely a question of Psychology, presenting great opportunities for character building.

While the classes supplied with milk did well, so did other classes not supplied with milk.

Rest periods at home, and early retiring was found beneficial.

Many physical defects were corrected, consent of parents being obtained by the children.

The July article called attention to the increased demand for child labor due to war conditions, resulting in the startling discovery that

1. Of 53%, 7 to 21% were below average for child of that age.
2. These could not perform normal amount of work.
3. Therefore lost jobs, becoming rolling stones, easily falling prey to viscious and criminal companions.

All these children were undernourished.

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To obtain working certificate (with a few exceptions) these children must be 14 years of age, 57 1-2 inches in height and weight 80 pounds.

Parents cooperation necessary, and was secured largely through ability to realize better wage value. Cots, blankets, quilts and milk required.

One child 2 inches under height, 10 pounds under weight gained 2 1-8 inches in height and weighed 84 pounds.

While it was formerly thought bodily defects, tonsils, teeth, adenoids, etc., accounted for deficiences (as they do in such cases T. C. S.) and was therefore a Medical question, investigations show it of wider scope.

The back-ground of the authority of the schools is beneficient, and highly important.

In the above brief review of the articles I have endeavored to bring out the principle points covered. In various addresses, and in The Training School Bulletin for October 1919 (Vineland) I have proposed a simple calculation made from the monthly school record of children, as an indicator of the physical, mental and nutritional condition of the individuals of the class. It is proposed that such a form shall be used for these monthly reports as will constitute a record from which statistics can be formulated, and that by the use of such records, with the cooperation of the School Teacher, the School Nurse, and the School Physician, every child may receive the benefits which Dr. Rich has shown, in the articles referred to, can be so easily secured. To do this is to insure the elimination from Society of a large per cent of incompetent individuals, and with the full cooperation of the State, the County and City Authorities, backed by the intelligent individuals of the Community, the Great Problems, Crime, Feeble-mindedness, Insanity, Delinquency and other phases of human misery approach solution.

It may be alleged with truth that some of these things are being done at this time. There is a law of the State of New Jersey making it mandatory upon the Boards of Education to provide Special Classes for all feeble-minded children. In the last report I have seen of the Jersey City Schools 271 feeble-minded children are provided for, out of about 1.100. The excuse is made that it is impossible to provide a sufficient number of teachers to assume charge of all these children. The Board of Education avoids its responsibility by failing to recognize the presence of any greater number of feeble-minded children in the Schools than are to be found in

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the Special Classes. The result will be the same flood of feeble-minded individuals in society, the same stream of individuals on the way to the institutions for the Insane, the jails, the almshouses and other institutions of charity or correction, the same vast and steadily increasing wave of human misery beating upon the monuments of civilization.

This simple and altogether inadequate presentation of a few of the factors crying for help in this almost unworked field of Social Service must suffice for our limited time today. I insist this question is one for every person within reach of the sound of my voice, as well for every Communicant of the Church in America, and every inhabitant of the land. Is YOUR CHILD getting a square deal? After almost every address I have ever delivered upon this subject, some one from the audience has asked me if HIS boy or girl did not come within the category of those described, and investigation indicated they did.

A Social Service Board, or Committee, in every Parish, in every Diocese, acting only within the limit of their ability, would correct the monstrous crime Society is inflicting upon its children, the Diocessean Board would co-relate and extend the work in its larger fields for the benefit of the incurable and the succor of unfortunate women, and the Central Organization, already at at work, will inspire interest and energy into the whole.

Just one thing more. A few Priests of the Church have said to me they already have more organizations in the Parish than they can attend to, and are already engaged in Social Service work. I am praying that God will give them light to see, and power to help further in this work, so that our Civilization may be preserved, and our heritage of peace be insured.

In subsequent issues of "Longevity" we shall take up this subject again, with a brief review of Eugenics and the several fields of Social Service, through the ten Crucial periods of life.

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WHAT ARE YOU GOING TO DO ABOUT IT?

Before we get down to real business I want to say a few things to YOU.

About 84 per cent. of men, women and children in this country are mentally, physically and morally below the standard they could have attained had their parents and other directors been acquainted with well known facts concerning the business of bringing human beings into the world, and then taking care of them until they are able to take care of themselves. That also means that more than 84 per cent of the parents and teachers of the present generation either did not possess or did not use the available knowledge of the subject.

We are spending about one billion dollars annually for correctional purposes, and it helps us to comprehend that figure (because we know so little about jails, prisons, poor houses, insane asylums and other places where the billion is spent) by remembering we spend only about half a billion for schools. That means we spend a vast sum for what we might call treating the symptoms instead of going to the source of crime and misery, to cure the disease. And the disease is curable.

A great many fake cures, such as socialism, communism, prohibition and the like, have been proposed, all of which are fallacious. Give the children a square deal and the cure will be effected. Not at once, because there are too many families already alive in which one or both of the parents are syphilitic or feeble-minded, or afflicted with some other obnoxious, transmissible condition. In time we shall obtain results, because a vast amount of work is going on, and is being performed by unselfish and splendid men and women, in several parts of the country. We expect to tell you a great deal about this work in subsequent issues of Longevity.

In many respects this is the greatest Nation the world has ever seen, and our Institutions the finest, even though more murders are committed in cities singly, like Chicago, than in all England and Wales, and burglary insurance is fifteen times higher in this country than in England; therefore the country is far from all it would be if we were doing our duty.

What does all this mean to YOU?

It means you are going to be ill more hours;

You are not going to live as many years;

You are not going to be as happy;

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You are not going to be as successful in what you undertake as you would be if you were doing your part.

What is the answer?

The answer is that YOU are going to interrupt the mad rush long enough to CONTRIBUTE YOUR SHARE to the attainment of a better world. And you cannot settle the account with a check. Money wont pay the bill, however often or earnestly the Moralist for Money will tell you it will. There are too many of that kind of Moralists already in the world, and too much of that kind of money, the main result of both of which is the raising of a little more hell.

Lincoln asked if "A government of the people, for the people, and by the people" can survive. Measured by the way we have thus far worked it cannot.

The first practical step which has been taken, thus far, in my opinion, is the proposal to organize a Social Service Board in every Episcopal Parish in the country. Go to the Rector of your Parish, become a member of that Board, and get in step. That is the answer. If a tenth of the work being done by the Episcopal Church—or a hundredth of that going on by the Roman Catholics were being accomplished by all other citizens the desired ends would be accomplished.

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THE INFLUENCE OF FOOD IN CORRECT QUANTITY AND QUALITY UPON HUMAN LIFE

We propose to make this subject an important feature of our work, as the most important of any single subject relating to longevity.

In his book of the above title, Dr. Stearns first called attention to the fact that disregard of the available knowledge concerning food is, as a final cause, the result of death at the present maximum dates. Of course there are contributory causes of death, a number of which are presented in each of the crucial life periods, and any of which may interrupt life at the younger and intermediate ages, most if not all of which are avoidable. Some of these, such as inherited disease are covered by investigations sufficiently extensive and important to naturally fall within a specific subject, such as Eugenics.

It is expected that each of these subjects will receive due consideration, with the view to placing at the command of such persons as can realize the possibilities of avoiding illness and postponing death, the necessary information to make these desirable accomplishments possible.

It is to be regretted that that those who are responsible for subjects taught in the schools have failed, thus far, to take into account the need of such knowledge as will enable all who desire to utilize this knowledge, first for efficiency, second for the avoidance of illness, and third for the purpose of prolonging life. The present methods give the student very elementary features of the subject, and do not begin to cover it fully. It should be possible for everyone to make a mental calculation of the caloric value of any given meal by simple inspection. It is perfectly practicable to do this, and it can be accomplished by anyone by the expenditure of very little effort.

It is perhaps the greatest anomaly of the time that in the face of the rich store of knowledge which has been accumulated, we go on, eating the things we like best, in variable amounts, and in unlimited quantities, depending upon nature to correct our faults, and guide us in the right way. Nature will do a great deal for us, and seems to take very good care of us up to the age of

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maturity—with the help of parents and friends. At maturity the mind has been developed, but so far as any benefit to most of us is concerned, it might apparently not have been developed. We do not use it. At 30 we begin the downward journey. After only fifteen years the first indellible mark of age is upon us, in the shape of a change in the eye which requires the fitting of glasses. In itself this is a trifling matter, apparently. Really it is very important, and imposes a serious handicap upon us. Can it be avoided? Certainly it can.

As will be shown in another article, uninterrupted fatigue is the primary cause, not only of the rapid downward progress, but also of decreasing efficiency. Fatigue is relieved by eating, and so we unconsciously begin to adopt the expedient of eating to relieve fatigue, but in any case the greater the labor the greater the amount of food required. This is all right within certain well defined limits. Do you know what these limits are? Answering for all the public we do not know what these limits are, and so far we don't care enough about it to learn. We would rather go on in the happy-go-lucky way, with the motto: "Eat, Drink and be Merry, for Tomorrow you Die," than take the trouble to learn, and the very much greater trouble to confine our work to our ability and our eating to the limit of the capacity of the body to handle the food and the materials which result from the utilization of food.

People of sufficient mentality know a great deal about these matters, and are learning all they can. The remainder of the race suffer more or less all of their short lives, and die without having accomplished much of anything.

In subsequent issues it is proposed to go carefully into the food question with reference to its relation to human life, so that the facts will be available for those who desire to increase the life period to the limit of present possibilities.

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THE EFFECT OF ALCOHOL UPON HUMAN LIFE

If one single word which has been uttered against the use of alcohol by those opposed to its use were true, the human race would have been effaced from the earth within a brief period after honey came into use.

Alcohol is produced in the digestive tract whenever any of the sugars are to be found there—and sugar is to be found there during a good many hours of each day.

Dilute sugar solutions ferment whenever they come into contact with certain germs which we know as yeasts. Yeasts are present in the atmosphere practically at all times, and in all places. Air containing these germs is swallowed with food, and foods are loaded with the germs. Probably if the value to humanity of alcoholic beverages was due simply to the alcohol, we could get along very well without the beverages. In fact several nations have been getting along without alcoholic beverages for a long time. I believe these nations eat more of the classes of foods which readily develop alcohol in the intestinal tract than we do, so that perhaps they get more alcohol than such people of our own race as do not drink alcoholic beverages.

We expect to go rather deeply into this question of the effect of alcohol upon the human body in subsequent articles. It is a question too large to be included in the present issue of Longevity.

The nations using alcoholic beverages are the only ones that have advanced during the last ten centuries, and the reason is easy to see. It is to be found in the beneficial effect of alcoholic beverages as adjuncts to food, and through the psychic effect of such beverages. Of the nations using alcoholic beverages, the ones using the greatest variety are the leading nations of the world, who have always used them, and always will.

HARDENING OF THE ARTERIES, OR ARTERIOSCLEROSIS

As this condition is one of the most common developments connected with Senility, and accounts in a large measure for the limitation of human life, it will receive attention in subsequent issues of LONGEVITY. The following is by Dr. L. L. VonWedekind, Medical Inspector of the U. S. Navy, and is part of a paper published in the Medical Record some time ago. It is one of the many proofs that hardening of the arteries is not

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due to alcohol, as a majority of the men used alcohol in moderation;

Dr. L. L. Von Wedekind, Medical Inspector U. S. Navy, says:

"A man is as old as his arteries," and after twenty-five years association with the men who demonstrate this assertion to be an axiom, I have concluded to offer to you my solution of the riddle. "Why is arteriosclerosis so markedly absent among officers and men of the U. S. Navy?" and strive to convince you that his solution is axiomatic. The strength of the Navy and Marine Corps is between 65,000 and 70,000 men. The report of the surgeon-general for 1913 tabluates one death from appoplexy, and places arthritis as the least common of all diseases.

In a series of observations of blood pressure on navy men aged from 40 to 60, I have yet to note anything over 142 millimeters, the average being 136, and these were taken haphazard—not selected.

Distilled water, hungry for soluble ingredients—the natural condition of all except rain water—has its appetite satisfied in coursing through the body and removes excess, up to its capacity, until excess ceases to exist, and is ever ready to meet an emergency. In this day of ours when everyone discusses blood pressure, sclerosis, exercise, athletics, and hygiene, I think it well to touch on facts relative to blood pressure, and in non-technical terms, so that those who run may read, and to show that hope remains even when he of 40 demonstrates 155 millimeters instead of 136 as he should.

Chlorides are interdicted in some conditions and if to this we add copious drinking of distilled water, taken as a vehicle hungry for soluble matter, the excess is carried off—toxins are diluted and rapidly excreted.

Understand, I am not offering this as a treatment for a disease condition. I am urging strongly that the rest of the world lives as do we, some 70,00 strong, using distilled water for cooking and drinking, and live on and on, youths at 65.

But for goodness sake don't put the ice man's ice in the water.

Cost? Compare it with that of Doctors, Nurses, Medicines—then think.

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A Nation of Idiots and Imbecils, via Prohibition.

In the Bulletin of the Kansas Board of Health, No. 12, Vol. 16, Dated Dec. 1920, page 197, an eighth grade girl, giving an account of the results of the examination of the class of which she is a member said:

"We were then weighed, and found we have one perfect girl, and one perfect boy in our class."

Examination of several hundred classes in public schools indicate that there is practically no difference between classes in any given locality as to physical and mental development. In the classes examined in New York and Jersey City, the percentum of the various types were found to be almost exactly the same, and sixteen per cent were found to be of the type designated by the Eighth Grade Girl as "perfect." Of course none of them are really "perfect," since, according to the Occulists, none have perfect eyes.

As classes are usually composed of 50 children, two "perfect" examples would amount to four per cent for Kansas, where prohibition probably exists of a more perfect type than elsewhere. The per cent for Jersey City and New York City of 16 is an excellent example of the effect of prohibition upon the race, and it very well exemplifies the statement of Edgerton, that the children of drinking parents are healthier and more intelligent than those of non-drinking parents.

This interesting phase of the subject of prohibition will be more fully brought out in subsequent issues of Longevity, and it will be shown that the proven increased degeneracy of the last 125 years is due to the change from alcohol to undue quantities of food as a stimulant, due to prohibition propaganda, for the dupes of the prohibitionists.

And don't forget, while we are talking about women, that they are quite as much to blame as men for the things of which we have to complain, despite their quite evident desire to charge it all to the men.

Max Nordeau, more than a quarter of a century ago, called attention to the increase of degeneracy, and numerous other writers have warned of the impending destruction of our present civilization, if the destructive causes are not halted.

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A good many people are going to be shocked when this short article is read, and some of them will question my prophecy, if Prohibition is not set aside, or my diagnosis if it is.

To such people I suggest the reading of an article by Pearce Bailey, M. D., entitled "Alcoholism, Prohibition and Beyond," which appears in The North American Review for February, 1921.

Dr. Bailey is a distinguished Alienist, and his pronouncements are of the highest authority, and in this article he shows figures which distinctly prove a higher degree of mental deficiency among the soldiers of the late war, from the states in which prohibition has been in force, than appears in the soldiers from states without the vil of prohibition.

In a subsequent edition of LONGEVITY I shall review this article more fully, and quote the figures which are a part of Governmental Records, and which clearly prove the highest rate of mental deficiency is found in the states where prohibition has been longest in force, and the regions where prohibition has been most effectively accomplished.

It is most gratifying to find such an article by so eminent an authority, in support of the facts which have for years been so clearly seen by those of us who have studied the awful effect of the silly (or shall I say vicious) prohibition propaganda.

Dr. Bailey's statements are most conservative, and, as we would expect, from such an authority, can only be criticised for conservatism. In the cases in which alcoholism is shown as a fault, the condition which is ANTECEDENT TO THE ALCOHOLISM, and ITS CLEARLY DEFINITE CAUSE, is not recognized.

Mental deficiency is constantly increasing until it has become a menace to our civilization, and I am going to prove, so far as the United States is concerned, at least, that the prohibition propaganda of the last 135 years is the chief of all the many causes, of the degeneration, in this respect, of our race.

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JUST A MINUTE!

Longevity has interested me for a great many years. I studied it while I was practicing Medicine, and after I quit active practice for the business of a Consulting Chemist, I had more money and more time for the study of man and his ills, so that I have put in something over 50 years in this work.

Believing that prohibition is the most destructive influence against the welfare of man, I have always combated it.

Long ago I found that the most of our troubles begin in Childhood. After the magnificient work of Dr. Goddard and other eminent Psycholigists became available it became more clear that if we are to do anything effective for the welfare of man, we shall have to direct our principle efforts to the children of the coming generations.

An incident of this work is LONGEVITY From a financial standpoint I had no business to publish LONGEVITY. That it the trouble with all kinds of welfare work. We want to do so many things that we have no business to do, from a financial standpoint. We want to do these things because of the horrors every person sees who really gets down to work in this line. When I deliver a lecture the hardest thing I have to do is to temper the descriptions so that so many people will not weep all the time. It is not good for them, and the work can be put over without it.

In combating prohibition we are working against an ages old superstition, and what is even worse, the ignorance of such men as Benjamin Rush and Osler who were not considered ignorant, even though the first was nearly tried for treason, because he hated George Washington, and the last proposed to chloroform everybody at 60, instead of keeping them alive to 150. Every prohibitionist that ever lived will show something as peculiar and wrong as these two men if you study them.

It costs money to circulate LONGEVITY. If you think it worth while you ought to buy as many copies as you can and circulate them by selling them or giving them away.

T. C. STEARNS

Jersey City, August 8th, 1921

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PART TWO

LONGEVITY

DEVOTED TO THE PROLONGATION OF LIFE

Anti=Prohibition Number

LONGEVITY PROBLEM SOLVED

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Written and Published By

THERON C. STEARNS, M. D.

44 Montgomery Street

Jersey City, N. J.

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anti-prohibition

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LONGEVITY PART II.

It has been found necessary to give up most of the space in this number to prohibition.

A number of the more intelligent members of Congress, and the men with the courage of their convictions, have taken a stand against the continuance of the plans of the fanatics which bids fair to end in the correction of the abominations the prohibitionists have inflicted upon the country.

All of the claims of the prohibitionists having been shown to be false, the methods of propaganda have been changed. Where at one time their absurd charges found a place in all the journals of the day, few remain who are sufficiently ignorant or fanatical to give space to the intolerable rubbish of the prohibition supersition. In addition to this, the propaganda is so clearly false, it has been found necessary to create THE SCIENTIFIC TEMPERANCE FEDERATION OF BOSTON. It is claimed this bunch has "the largest library in America of Scientifie works and references dealing with alcohol." In a subsequent number of LONGEVITY we shall give a full account of this activity, though really this should be the work of Punch or Judge.

The beginning of the treatment of the subject of food will therefore be postponed to the 3d. or 4th. part of this work.

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THE PROLONGED CONTINUANCE OF LIFE

Available and well proven facts show that life is limited because of certain causes which can be prevented.

If we can prevent them altogether, it appears that we may live on forever, barring accident. It was in this belief that the publication of LONGEVITY was undertaken.

Of course there are difficulties in the way of attainment of this greatly to be desired end, though if we only make a partial success, we shall add that much to efficiency, avoidance of sickness, and to the number of years we may live. The effort, therefore, becomes well worth while.

Suitable exposition of all the factors in this problem require study of the entire life period. This will be presented as soon as possible, and in the meantime let us survey the features which apply to all of us adults, who would like to begin at once.

Beginning about the thirtieth year, when the brain is fully developed, and we have entered seriously into the affairs of life, the first factor in the detrimental changes which then commence and continue until death, is over work and over eating. Up to this period these factors take care of themselves. While the body is being built, too much food, within bounds of reason, has little or no bad effect, and over work, or over play is followed by ample periods of rest. Now don't get the idea, when I talk of limitation of food, that it will be at all necessary to deny ones self to the point where life loses one of its greatest happiness giving features. This is only necessary when certain diseases have been established.

After about 30 the responsibilities of life begin to be established, and ambitions, as well as an entrancing, fas-

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cinating and interesting vista spread out before us. Nothing short of success equalling the success of our most successful friends will satisfy us. We work (and play) too much, and as we find weariness is relieved by eating, we eat too much. This is continued until the amount of food taken is too great for the organs of elimination to dispose of, and then certain well defined illnesses begin the actions which end in old age and death.

A condition of untinterrupted fatigue is sooner or later established. It may be recognized by the simple fact that when we arise in the morning we find ourselves as weary as when we retired.

We cannot use sufficient space in this article to describe all the consequences which follow uninterrupted fatigue. This will be done in a later article.

The stomach and intestines, under favorable conditions are constantly in motion. The food is mixed and brought into contact with the lining of the stomach to promote digestion, and then it is moved along into the small intestine where other fluids act upon it, and then into the colon and rectum,

Cannon has shown, by a series of brilliant experiments upon animals, that anger, fear and pain put a complete stop to the immensely important movements of this apparatus. He has thus furnished the explanation for one of the principal causes of old age and death. Digestion is stopped. The food ferments and putrefies, poisonous gases and other poisonous substances are produced through the action of bacteria always present, and these poisons are absorbed. This is followed by autointoxication, which Metchnikoff proved is one of the principal causes of death.

While this is going on the nervous apparatus is being more and more called upon, and after fifty years of observation I am satisfied a condition of phosphorus starvation is established, because we do not get sufficient phosphorus in our food.

We have here a series of incidents sufficient for our present purpose. All of them are controllable, and all of them are acting to produce old age and death, which is not inevitable, as we have so long believed. There are certain other things which we must learn, but let us begin with these, and see what we have to do to prevent the dire consequences.

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First. In view of the serious consequences of uninterrupted fatigue, we should take sufficient rest immediately upon discovering that we are in that condition. We acquire the habit of thinking we MUST do certain work. We shall accomplish more in a given period by keeping fit, and if we act with the good judgment the importance of the subject merits.

Second. It has been shown that while the body is being built up too much food is rarely taken, though too little food, especially in infancy and childhood—a very common occurrence—is followed by dire consequences.

Mortality tables show the death rate is smallest all through the period in which the body is being built, because excessive amounts of food can be used in body building. The death rate begins to climb as soon as the body and especially the brain, is fully developed, and this is emphasized as the mind is developed, because then activities increase, and go on increasing until the requirements which we develop for work exceed the ability of the body to do it.

We ought, then, to learn all we can about food, and it is for this reason that Part III of LONGEVITY will be up almost entirely to the reprinting of my work on food. We shall learn that there are certain weights which the insurance people have shown us are necessary, to a given height, if we wish to live long. Figures for correct weight are as follows:

Height	Weight
5 feet	120 pounds
5 " 6 inches	138 "
5 " 7 "	142 "
5 " 8 "	146 "
5 " 9 "	150 "
5 " 10 "	154 "
5 " 11 "	159 "
6 "	165 "

If weighing more, gradually reduce weight until the correct figure is reached. Those weighing greatly more than the figures given should consult a physician. The weight should be observed weekly, and if too high, or if increasing, eat less. If too little, eat more.

Traffic accidents have grown so large and are becoming so frequent, it is worth while to read the book of Mr.

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W. P. Eno, who is the chief authority on this subject. Communicable diseases are also accidents, and the work of Boards of Health should be supported as an important duty of every citizen.

Fourth. Phosphorus starvation can be corrected by taking Iron Phospate, which is quite harmless. It is best taken in syrup, and a carbonated beverage would be the best form.

Fifth. Avoid anger, fear and pain. This is perhaps the greatest undertaking of all. It can be accomplished by the effort of the will, and it is made easier to those who obey the Commandments of Jesus Christ. Though the establishment of a peaceful state of mind is the principle part of His teachings, I am sorry to say we do not hear it from the pulpits, and I have met but two Clergymen, of a large number who have been questioned, who knew He had any commandments, though He said "If ye love me, keep my Commandments." There are over 30 of them, and I have had these printed and will send copies to all who ask for them. Christian Scientists teach peace, as well as many other cults.

People who cannot get through life without eternal fights and contentions cannot expect to attain efficiency, or live long.

Sixth. Make it the principle business of life to learn how to maintain it.

Let us now see if we can make this important subject more clear by a short restatement of it.

The first in the series of catastrophies is excessive work, then

Uninterrupted fatigue. Then

Overeating. Then

Worry, anxiety, quarrels, contentions. Then

Phosphorus starvation. Then

Infected teeth, rheumatic affections, nervous diseases, tuberculosis when resistance is lost, diabetes, Bright's disease, (heart troubles) cancer—these or any infections or affections to which different individuals are most prone, which may be influenced by environment, hereditary disposition or accident. Escaping fatal consequences, in the way we are now proceeding, we may go on to senility, which appears to present a complication of pret-

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ty nearly anything, including the cell evolution so brilliantly described by Dr. Nasher to the stage preceding death.

We shall not complete this subject unless we give a little space to one of the ominous features of life as at present confronting us, due to the activities of certain well meaning, but sadly mistaken persons.

In the last 125 years there has been a steady increase in insanity, cancer, pneumonia, diabetes, Bright's disease and tuberculosis. This has been due to attributing all the troubles of man to alcohol, by which study of them has been delayed, and in part to inducing people to forego the use of alcoholic beverages, which, properly used are curative rather than harmful, and always, to an emphatic degree, preventative. I have shown the most harmful of all influences upon life are worry and anxiety, anticipation of approaching evil events, and the discouragements so common to all of us, and especially to those who, because of inferior physical and mental abilities, find success in life impossible of accomplishment. The glass of wine, or beer, or whiskey, or brandy brings sunshine and optimism for these people into a dreary and hopeless world. The important digestive processes of life and the natural workings of essential abdominal apparatus, brought to a standstill by these influences, are set in motion, and kept in motion. I have seen a worried old man, ready to die from this condition—millions have died from it—brought back to safety with one small glass of whiskey, and he was not an habitual drinker.

Because of the persistence of prohibitionists in repeating things long proved to be false, it is necessary here to state that not a single one of such statements are true.

Prohibition should be done away with.

Having mentioned prohibition in connection with the above presentation of facts, it should be added that the benefits of the use of alcoholic beverages is not confined to those who require them for medicine, and for those who find success in life impossible. The increase in the sale of beer from 3 million barrels in 1865 to 66 millions of barrels in 1914, with equivalent increase in all other alcoholic drinks proves two things:

First, these beverages were almost universally consumed.

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Second, while the various diseases which prohibitionists falsely claimed are due to the use of alcohol—and which I have proved due to prohibition propaganda—have increased alarmingly, the increase was in no way equal to the increase of the use of the beverages.

One thing more. The prohibitionists having been disputed by competent authority in every single statement they have made as to alleged harmfulness of alcoholic drinks, they have at last been driven to using the opinions of Doctors who know nothing about alcohol, and are therefore willing to say it is of no use in medicine; also, they are now making great use of the statements of insurance companies, that users of alcohol are not good risks. This last statement is being investigated, and it is expected a "nigger in the woodpile" will be developed. But there is another feature. Persons of poor physical development find alcohol immensely beneficial, and have therefore used it. Such persons, naturally, would not be good insurance risks, and would not make good railroad men. It is poor physical development which makes the bad risk, and the unsatisfactory rail road man, and not the use of alcohol.

Finally, millions of people who are not physical weaklings, find happiness, and benefit in the use of alcoholic beverages.

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ALCOHOL AND THE MENTAL DEVELOPMENT OF MAN

No one can follow written history from the earliest recorded events to the present day, without perceiving the gradually developing mentality which eliminated or reduced the cruelties of the times until it has become possible for groups of men to exist, side by side, with other groups entertaining widely different opinions on such subjects as religion.

Tribes and nations lived in a region until increasing numbers made it inadequate, and then they moved to other regions where it was expected life could be lived to better advantage. Encountering other nations or tribes, a war was on the result of which was the extermination of one, or that one would be conquered, and, as with the Tartars and China, the conquering nation was sometimes absorbed by the conquered.

Such movements, marked by barbaric cruelties, steadily continued up to the time of the Christian Era. Rome, through its military institutions and superior environments had conquered the world. Slaves, WINE and corn continually supplied its needs. Unlimited and uncontrolled enjoyment of luxury, in the absence of higher ideals and in the exercise of paganism resulted in degeneration until the growing hordes of barbarians, no longer easy of exploitation became aggressive, and at last supreme. The seat of power vascilated, from Rome to Constantinople, to Rome again, and to France. Wine was the beverage of the superior people, home brewed beers the beverage of the inferior, until the latter also became growers of the vine, and used wine as well as beer.

Christianity came after the Roman Empire was well upon the way to its fall. In its purity, the new morality reversed the tendencies of man, and erected an ideal with civilization the beacon light of promise. Mentality

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was high among the Christians, yet still far from the high plane needed as indeed it still seems to be, to make the waste of war impossible. Sects developed, pristine purity was befowled by the mud of controversy, and it required the conversion and the steadying hand of Constantine to bring order out of religious chaos.

The Nations using wine and other alcoholic beverages were the superior Nations, and those that gradually assumed supremacy.

As Rome decayed, Mahommet came. Among his first decrees was the abolition of wine. Like all sexual perverts, wine did not appeal to Mahomet. Instead, he exploited the Harem, and promised his faithful followers a paradise in which a thousand Houris should await, just within the veil, each one who died for the new religion. His armies, equipped with camels and such horses as no other part of the world could produce, in the light of the times annihiliated space and Mahomet and his successors descended like a comet upon any place where gold, slaves and women offered a reward for the trouble. Happy in such easy acquirement of his desires, he was able to reward his followers and to sometimes display a gentleness which won both friend and enemy. With such profits attainable, it is not strange that he sought to conquer the world, and to impose tribute upon tribes and states. With such rewards as he showered upon the faithful, it is not strange that all the nomadic and marauding tribes rushed to his standards, and swept all things before them. But by the time Spain had been conquered, and France invaded, the life and vim and mentality which had characterised Mahometan conquest had died, as it always has done where alcoholic beverages are eliminated, and within two centuries we shall look in vain for the Saracens, who conquered the world until they met Martel, in the land of wines, and of whom even a trace has long since ceased to exist.

Political Chaos reigned until Charlemange, grandson of Charles Martel, united the warring factions into one great Empire. But human mentality still remained, generally at a low standard—a degree too small to admit of political order. Groups required to be formed for mutual protection, and the Feudal system developed. Wars continued, religion developed, the crusades awak-

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ened the songs of romance. The land of many wines was the center of military activities which conquered England, and reached out to the Mediterranean. The struggle slowly developed a semblance of political order. Kings great, and Kings of little mental power developed, until at last came Francis I.

Then came the period to which we refer as the Renaissance. It is not true that the centuries immediately preceding the Renaissance were unmarked by progress. But progress was with the deliberation of the ages, and the great advancement which marks the Renaissance above all other periods of history, was due to the high mentality of the great King, Francis I. Towering above his contemporaries, his predecessors and his successors, he saw from a lofty position the needs, not only of his Kingdom but of all the world. Guizot says, "Italian artists, such as Rosso of Florence, Primatice of Bologna, Nicole dell' Abbate of Modena, and Benvenuto Cellini of Florence came and settled in France and there inspired and carried out the king's projects and works. Leonardo da Vinci, full of years and discontented with his Italian patrons, accompanied Francis I. to France and died in his arms at the Castle of Clou * * * Some great French artists, such as the painter John Cousin and the sculptor John Goujen strove ably to uphold the original character and merits of French art." The ideals of Greek and Roman antiquity, and the teachings of Plato, Seneca, Epictitus, Boétius and other ancients became available, and through the support of Francis I. great poets wrote and prospered, while every branch of knowledge flowered into full development. The vine was cultivated and the many types of wine peculiar to the districts from Germany, through France, Italy and Spain supplied the certain means of mental and physical development which characterised the Renaissance—the beginning of our present civilization. The Edict of Nantes put an end, for a time to the vicious and cruel religious persecutions which had marked the progress of the world from paganism to Christianity.

As we read the addresses and the writings of Princes and people of the various ages of written history, one need not be a psychologist to see the slowly developing mentality, which in the time of Francis I.

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became like the addresses and writings of the present. Undoubtedly the great philosophers and the learned men of all epochs left a mark to which the average individual, intentionally or unconsciously endeavored to rise. But in all the time, any general advancement was not due to teachers. It was due to such influences as are to be seen during the whole of the sixteenth century in the availability, and therefore common use, of the wines of the several nations to whom they were available.

But in such times, of which the period immediately succeeding the late war is an example also, there is, with the development of mentality among the normal an improvement of the condition of the subnormal. This improvement of the condition of the subnormal on its face appears of advantage to the whole race. And so it is, so far as mathematical comparisons go—but in its effect of bringing to greater life, as it were, the lesser grades of society, it must of necessity result in great evils through the increase of the activity of the subnormal individuals. It was this which resulted, within so brief a period, in the French Revolution. The world seemed filled with mentally subnormal persons with every one of the numberless characteristics which mark persons whose cerebral development is below par, and as we see them today. (These marks of subnormal mentality do not require the measurements of the psychologist. They are apparent in the acts of the individual. Such acts are "anti-social.")

Charlemange, a mental giant, strong physically as he was mentally, had been able to erect an Empire, which crumbled into its several parts as soon as his restless spirit had passed into the unknown. He was succeeded by mediocre Princes in the ebbing tide of progress. Mental and physical development remained unequal, even for peace for any prolonged period until another brightening of the sun of human mentality gave the world Richelieu and Charles XIII. The Communes had marked a general development, small but notable, yet sufficient to forecast the greater times to come. Great minds though there were, yet, even with the developments due to Francis I. the writings of the times do not display an approach to modern mentality until long afterward, nor had a Monarch reigned, until

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Napoleon, mentally capable of government, national developments, organization, successful wars, correct financial operations and irresistible diplomatic management at one and the same time.

During all the times, while the tide of mental development of the masses ebbed and flowed, now high, and now low, there was steady progress as is to be seen in the transformation of fuedalism into statehood. Then, as still obtains, high mentality was confined to a fortunate few. The reign of terror was the mark upon the time of the resentment of the subnormal mentality of the masses against an environment which imposed resulting and resented punishment upon their shortcomings.

In the early ages an occasional orator or writer evolved something sufficiently attractive to become immortal, though the Natural History of the elder Pliny, or the declamations of the younger Pliny, works of less than two thousand years ago are not comparable from the standpoint of the mentality of the writers with the Theses of the young Doctors of any of the Universities for the last 300 years.

The Reformation (so-called) was the product of the same type of mental restlessness as the reign of terror. The "Age of Reason" was in development, and all that was needed was a man with the disarranged mental faculties of Luther—the diseased condition contributing the anesthetic which made consequences oblivious. Napoleon again displays a mark of his high intellect when, in directing the organization of a University, after directing that "This establishment must be handsome in all that relates to building, and simple in all that relates to education," as the school was to be for young women he said, "Let us bring up believers, and not reasoners." His great mentality had penetrated one of the great secrets of all time. Hidlebert, Archbishop of Tours in the 11th Century, said, "Faith is not contrary to reason, it is above reason." St. Anselm said, "I do not seek to understand in order to believe. I believe in order to understand. Authority requires faith in order to prepare man for reason." Napoleon's mental greatness was sufficient to make the great fact clear, because he shows he could see its application to girls, for the development of perfect womanhood. He could not see its application to men, as he could not see the

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limitation of his own power, which marked the border line of his mentality, great though it was indeed. And upon that limitation his Empire fell, just as upon that general mental limitation the world totters today between a bottomless abyss, and a glorious future. A simple mental test requires retention in the mind of two distinct factors; the word "Protestant" with its true meaning, and three words of Jesus, "resist not evil" constitute such a test, and a vast number are incapable of mental comparison and correct comprehension of the test.

Those who cannot pass the test are preaching prohibition. Those who can are inculcating principles which alone can replace turmoil with peace. It is these latter who are actively engaged in the great works now going on for the betterment of coming generations.

It is not intended to offend those who still call themselves protestants in this discussion of terms and conditions. There is an army of good people among them. Would any of them who are capable of at once comprehending the meaning of the term Protestant, and the saying quoted "resist not evil" be willing to continue to consider themselves "protestant?" I do not believe they would, nor do I believe any person mentally capable of comprehension of the two terms as such a test would be found about the iniquitious work of the prohibitionists, nor among those who are now planning further wars. These misguided and incompetent minds never mention or study the Commandments of the Author of Christianity, and I have yet to meet one who seemed to know such Commandments exist. Not a shadow of such knowledge is to be found in the numerous writings in my possession, of the prohibitionists, whose acts are diametrically opposed to every one of the commandments of Jesus Christ.

The limit of the mentality of Napoleon, to be seen so clearly in all the acts which led to his downfall, is a striking lesson for all time. The controlling minds of Germany displayed similar inferior development, when they permitted the starting of a war in which they expected Belgium would not resist the passage of troups of soldiers, that England would not promptly and effectively intervene, and that the United States would not join forces with France and England. There were

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in Germany, at the beginning of the war, men perfectly competent to see the danger, who did see it, and probably the Kaiser was one of them—all alike unable to prevent the catastrophy. There are numbers of men in the United States today who see and comprehend the vast catastrophy of prohibition. It is due, as the reign of terror was due, to the increased numbers of mentally incompetent persons, who, for the moment, so far surpass, in numbers and activity, the sane and well balanced people.

Alcohol in any of the various forms, wines, the home-brewed beers or the distilled beverages, develop mentality through the action of the flavors and colors upon the central nervous system, according to the epoch making discoveries of Pawlow, and through the action upon the internal operations of the parts of the body in the processes of life, which as yet are little known. It is produced, through the fermentation of carbohydrates, along with other processes of digestion, so that it is at least to some extent, absolutely essential to the continuance of life.

The same developments which in the progress of the world made the food supply more secure, and in which the varieties of flavor and color of the many types of wine—the basic cause of the rise of the Roman Empire and the superiority of the early Romans—were in action in the regions we now call Italy at a much earlier period than elsewhere. Such developments, leading to material prosperity have been and always will be followed by degeneration due to too fuch food, too much pleasure, and too much work. The conditions which I have described as giving rise to the Renaissance were in action in Italy, probably, at a slightly earlier time than in the regions further north, as is indicated by the somewhat earlier development of Art in Italy. But in Italy the degeneration to which was due the fall of the Roman Empire still exercised its deterrent influence, so that the most striking development of the Renaissance occurred in France. Human development in the regions now known as Germany had been slower than in other parts of Europe. England, through the earlier mastery of the sea had already developed commerce, so that the wines of the continent were at the disposal of the well to do. Probably the bitter religious fueds, in England

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as well as in Austria and elsewhere, deterred the full influence of the factors upon which the Renaissance depended. At any rate the great impulse of learning and the new literature did not develop in England until the reign of Elizabeth.

Sydney, Spenser, Lyly and a host of writers of poetry and prose filled the world with the scintillation of their genius. Spenser wrote:

"Loving in truth, and fain in verse my love to show,
That she, dear she, might take some pleasure of my pain,—
Pleasure might cause her read, reading might make her know,—
Knowledge might pity win, and pity grace obtain,—
I sought fit words to paint the blackest face of woe,
Studying inventions fine her wits to entertain;
Oft turning others' leaves to see if thence would flow
Some fresh and fruitful flower upon my sunburned brain.
But words came halting forth . . .
Biting my truant pen, beating myself for spite.
'Fool,' said my muse to me 'look in thy heart and write.'"

The first sonnet, never yet surpassed.

Here the modern drama was born. Marlow, Kyd, Green, Peele, Shakespeare, Ben Jonson—the first Poet Laureate—and many others contributed to the development of the drama, which progressed with ever-increasing interest until the closing of the theatre by the Pilgrims. The happiness of the world, so far as the drama contributed to it, was put to death by the sour poison of inferior mentality as it was then, and is now displayed in a failure to comprehend the real teachings of Jesus. With religious political success of a single sect, life, liberty, and the pursuit of happiness were subjugated to a wild desire on the part of a few to scrutinize and direct all others according to tennets born of irregularly developed minds.

The ebb of the tide of progress, though it had brought into the world a host of perfectly constructed minds, revealed also the great proportion of minds of irregular mental development, the hell raisers of humanity. The catastrophy was precisely the same, and from the same causes that marked the downfall of the Roman Empire, produced the Reign of Terror, and now threaten our present civilization. For the first time in the history of the world we know the causes—thanks to the development of psychology—the relation in number of

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minds of the superior order to those of the inferior order is sufficiently great to restore and maintain order, provided the intelligent will exert their power. The hell raisers have perfected a strong organization, contributed to with ample funds from their own kind, who, through the chances of life have acquired much money.

Will the intelligent public meet the argument with a competent organization, or will the present destroyers of the Constitution be permitted to continue until the country is so weakened that it will become the prey of the still lower type who are in the saddle in Russia, and who are waiting and watching for the opportunity to murder, torture, rape, burn and destroy? At the present moment Lenine, having with his co-operators committed the greatest crime in history, now displaying the consequences of their attempt to carry out the silly twaddle of Marx and his kind—always modified by some similar erotic dream—have developed a failure which would be a comedy if it were not a super-tragedy. And, after expending untold wealth in a fruitless effort to bring other countries into such a revolt that the same scenes of rapine and robbery could be enacted, we find them idiotically inviting the renewal of deposits in the banks which they have robbed.

Between these and the prohibitionists there is little difference and no choice. Each is equally ignorant of the true principles upon which the affairs of humanity normally proceed, even in its most elementary aspects.

Agriculture was first developed through the teachings of the Monks, which received its first great stimulus almost immediately before the time of Francis I., leading, through the development of varieties of the grape, and the beginning of the science of making wines, to our present civilization, which is founded upon agriculture. The Shintoism of Japan, the Ancestor worship of China, and these same phases of polytheism of Rome constitute, in their inception, the point of departure in a race toward high mental development of the human family, and the developments in the manufacture of wines and other alcoholic beverages in the several greater countries of the world is the measure of such mental and physical development. Climate to a great degree regulates the type of beverage which has proved most useful. It is natural to desire the lighter wines in France as in California; a heavier

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wine is required in Spain, while the beverages of higher alcoholic content are demanded in Holland, Russia and in the damp and cool air of Ireland. England, Germany and the United States, during more recent times have learned to apply with greater skill the use of all the beverages, as these nations will first develop the wonderful possibilities of use of correct food quantities, and the better selection of types of foods.

China, the first land of prohibition is in decay, and but for its wide extent and enormously increased population would have been long ago extinct, as are so many of the smaller nations who could not learn to make and use alcoholic beverages. Japan has quickly adopted successful methods, Turkey and northern Africa are in decay, while England and France alone can be said to occupy first place, because in these countries prohibition has never fooled anybody. At the present moment, thanks to Dr. Benjamine Rush, prohibitory propaganda so deceived the ancestors of the present generation that (in the districts where prohibition has been in force especially) the per cent of the mentally subnormal is great enough to deter progress, and it cannot be said with truth that we equal either France or England. That we shall recover in these minor difficulties, and take our place among the leading nations is quite probable. It will depend upon how the prohibition menace is disposed of. But it is a pity that Rush was not prosecuted for his opposition to Washington, as very nearly happened. It would have discredited him in the beginning, and before the abominable consequences of his prohibition theories could have put their blight upon the country.

(To be continued.)

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The Medical Profession and Prohibition.

The Medical Profession is more to be blamed for prohibition than any other class.

A lot of ignoramuses, high up in the profession declare alcohol without medicinal effect. They simply do not know what is going on in the world of physiological chemistry, and are as bereft of common sense as they are of therapeutics. The world would be a lot better off without such people in it, and it is comforting to think that that kind of cattle fill early graves. Knowing nothing about life they are incompetent to prolong their own lives.

The following from the "New York World" dated June 27, 1921, tells a part of the truth. It omits reference to the beneficial effects of alcohol, though it points to a few of the curses of prohibition.

DOCTOR CATALOGUES PROHIBITION EVILS.

Has Boosted Taxes, Cost Lives and Brought Train of Diseases, He Claims.

(Special to The World.)

ATLANTIC CITY, June 27.—"The medical restriction of the Volstead law constitutes an indictment of the integrity of the whole profession in that it is assumed that many of its members, unless restrained by law, will pander for gain to the people's desire for drink," declared Dr. W. Wallace Fritz of Philadelphia, President of the Allied Medical Associations of America, addressing the opening session of the tenth annual convention of that body at the Traymore here to-day. Continuing, he said:

"The question is frequently asked, what benefit, if any, has the public derived from the enactment of the Prohibition Law? From general observation it has been a curse to them and to our country. It has cost the

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Government millions and millions of dollars, with increased taxation upon the public. It has cost more lives to enforce the law, in proportion to the number of men employed by the Government, than our country lost in the World War.

"It has taken away pure liquor and beer and substituted poisoned and deleterious liquors and beer. It has taught the people to make their own home brew, converting their homes into private distilleries, breweries and saloons. It is teaching the public to drink behind closed doors and get drunk. It is causing gambling and immorality in the homes. It is causing death after death of the innocent public. It is causing blindness by the score.

"It is causing those of the public who are used to a nightcap before retiring to take dope. It has caused a large increase in the sale of narcotic drugs and creating a daily increase of dope fiends. It is making imbeciles of many and it will not be long until the insane asylums will be overfilled. It is causing diseases of the stomach, liver, kidneys, eyes and heart—all due to the consumption of home brew containing fusel oil, wood alcohol, copper and other deleterious material. It is causing more drunkenness than ever before."

The Journal of the American Medical Association discredits the Allied Medical Associations of America, claiming that the latter does not represent the Scientific Medicine of today. This Journal occupies a place in the hearts of those of us who have read it for fifty years or more from which it cannot be displaced by arrogant statments, or even by its leaning toward prohibition. These faults we attribute to the incompetency of the writers, who, for a brief period are sitting in seats that have been filled, and will be filled by better men. Fortunately the world has arrived at a place where the measure of such people can be correctly taken, and which cannot be covered by the display of a little knowledge of the dead languages.

Fortuniately, also, the Medical Profession as a whole are not ignorant of the facts concerning any of the questions of prohibition, and even though we do blame it, in great degree for the prominence prohibition has temporarily attained, perhaps it is no more to be blamed than the public, or any other associations of men through whose

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inertia the curse has been brought upon us. Perhaps as "all things are for the best" it was necessary to take what we have of prohibition, in order that prohibition may have the discredit which has been brought upon it, as Socialism has been discredited in Russia, in order that the great progress which some of us believe is approching, shall be cleared of thesemiasmas, and free to progress to the great intellectual development, which will certainly appear, when we have learned to live many more years, and when we have eliminated the handicaps of childhood, and have succeeded in establishing the needed conditions which are the aim of all real wellfare work.

PROHIBITION IN THE LAST TRENCH.

Starting out with the false statement that all the ills of mankind are due to alcohol, and it having been clearly shown, one after the other that the ills complained of are not due to alcohol, the prohibitionists have been driven to their last argument, "the saloon, the liquor traffic and the home".

It was easy to fan the prejudices against the saloon into a flame. The criminal made it his resort, because he could find there the liquids that stilled his destructive instincts. When the liquids were no longer available he went out into the highways, murdered, robbed assaulted and stole. It may be possible to prove the saloon a bad thing, but it was better to have the saloon to attract the criminal, than to take it away and drive him to the exercise of his propensities.

But let it be distinctly understood that I do not believe the saloon was any such bad thing as the prohibitionists and a good many better people believed it to be. Besides, the very fact that the prohibitionists claim the saloon was a bad thing is pretty good proof that it was a necessary one, because the literature of prohibition, if it proves anything, proves that when looking for the truth, take the thing opposite to the opinion of the prohibitionist. The truth is not in them.

The liquor traffic was an economic outcome of the manufacture of alcoholic beverages. People began by

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making beer, wine and wiskey in the home. They always did it, and always will if they can not obtain it in a better way. And all the prohibition that ever colored the irridescent nightmare of the sour prohibitionists, in which it seemed to show the way to stop people from drinking was to stop the liquor traffic, will have no effect upon drinking, except to make it more general. As long as sugar (or even flour), and yeast are obtainable, beers will be brewed in the home. A little sugar, a handful of fruit, a cake of yeast and wine is produced. These things are being done in millions of homes today, and the liquor dealer only introduced wholesale methods, while the saloon made supplies available. It is absurd that it is necessary to discuss simple things of this sort, and only the stupidity of the prohibitionists make it necessary.

The abolition of the liquor dealer and the saloon, like all the aims of the prohibitionist, is of no consequence, one way or the other, except as it infracts human rights, and raises a little more hell.

"The Home" is another story. It is true there are faulty homes, and that sometimes liquor is found there. It is not found in the worst of the bad homes. The best of the bad homes get a little sunshine into the dark and dirty corners by the aid of it. And all the bad homes need our help, of which these are being deprived through prohibition, which attracts attention from the real causes, and delays the needed help because the real cause is obscured.

Prohibition, as I have said before, is not new. It is as old as the sour dough individuals of time. The principle was in the mind of Cain when he killed Abel. It is the actuating motive of every hell raiser from the time of Adam until now.

The prohibitionists are in the last ditch of argument. They are already cowering in dark corners, nursing their wrath, or gloating over the destruction they have wrought. If anybody can show me a sweet, charitable, or cheerful thing one of them ever did, please tell me about it.

The saloon was not as bad as it was painted. It had no defenders because those who were benefitted by it are dumb, some of them, and the answer of the criminals who frequented it is to be seen in the crime wave. When

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these criminals were children, they threw stones into the windows of the cars of moving passenger trains as their expression of their opinion of society—for society, and not alcohol is responsible for the criminal. A great deal could be said in favor of the saloon, and it may become necessary for LONGEVITY to say it. The general ignorance concerning it is great enough to make it worth while. But it will have to wait for future issues.

If any of my friends really believe there are families whose misfortunes are traceable to the saloons or to the liquor traffic, or even directly to alcohol, if they will give the address I will be very glad to have that home investigated, and will tell them precisely to what the condition of that home is due. The condition of this service will be a check for $100. to the benevolent agency making the investigation, which will be a good thing for the agency, and will perhaps be instrumental in getting a new idea into the thick head of the friend.

SUB-NORMAL MENTALITY AND PROHIBITION

If bringing prohibition into the lime light even results only in attracting the attention of the world to the factors in human sub-normality — the realization of the world that there is such a thing as definite human subnormality, and that the one crying need of the world is to attack this problem, for purposes of correction, it will be well worth the lives of the untold millions who have been destroyed by the baneful influences of prohibition. For Prohibition has destroyed more lives in the 145 years since Rush poisoned the world with it, than have been destroyed by all the wars of time.

In one of the subsequent numbers of LONGEVITY I propose to make one final argument on the subject of prohibition, and then drop this subject for the consideration of the problem of life. Our educational system is woefully defective in its failure to teach the principles of life which are well known, and the knowledge of which would prolong human life to a very large extent. Of the relation of food quantities to human life, a great deal of

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of valuable knowledge is available,, but remains unutilized.

Recent studies have developed the fact that psychology offers the solution of many important prolems which have to do with efficiency, and with Longevity. The elements in these problems have been known, some of them for a generation. Science is sometimes described as "the study of the dot" which statement illustrates the fact that science is to some extent responsible for the circumscribed vision which accounts for the failure to utilize these factors by individuals. For this we again criticise Educational Authorities whose aims should be to see that this useful knowledge is imparted as the most important agent in their calling, the development of the human mind.

THE REMARKABLE EFFECT OF ALCOHOLIC BEVERAGES UPON MANKIND

There have been two men who have developed epoch making knowledge concerning human life, of such importance as to place them above all others, in my opinion, as benefactors of the race.

This will be regarded as a very strong statement, in face of the great studies and advancement of the last century or two, but after several days of consideration, I believe I am warranted in making the statement.

Both were men occupying positions as Professors in institutions of learning, and both, I presume were following lines of investigation which seemed ordinary enough—and while the experiments of one commenced about 1885, and became very generally known in 1898, and the work of the other was quite recently published —neither attained eminence very much greater than that they enjoyed before the work referred to was commenced, except for the regard of a few who are especially interested in the line of work developed.

One of these men was J. P. Pawlow, of whom an eminent writer said, in 1906, "Read Pawlow's Die Arbeit Der Verdauungsdrusen, and be proud that you are a Physician!"

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The other is Walter B. Cannon, whose work "Bodily Changes in Pain, Hunger, Fear and Rage" was published in recent years.

Pawlow developed, among other things, the psychic influence upon the digestive apparatus of the effect upon the senses, of food. Cannon proved that in the conditions referred to (hunger, fear, pain, rage), the vastly important continuous automatic action of the digestive and intestinal tract is brought to a standstill.

Both are double questions of physiology and psychology of the utmost importance to human life, and supply links in the chain of important events which had not been dreamed of before the time of the work of these preeminent investigators.

The real benefit of these great achievements will not be attained until the coming Renaissance—long past due—in the routine of Education.

Obviously, the subject is too large to discuss, even in brief review, in the compass of the present article, in which it is referred to in order to show the vast importance of alcoholic beverages to life, and to progressive human development. It seems to me that it is imperatively necessary to combat the insistent propaganda of prohibition as the most important immediate step in our study of the factors of Longevity. The so-called 18th Amendment, the Volstead Act, the infamous VanNess Act by the late Legislature of New Jersey, and the no less disgraceful procedures in New York, to say nothing of the further evils we are promised in the near future, seem to me to call insistently for help from all who can give it, to overcome this disastrous series of calamities, the heritage of a benighted age, and some of the ignorant physicians who lived in it.

Pawlow proved that the digestive fluids are not secreted unless the gustatory apparatus is first excited by the color, odor and other characteristics of the food. His experiments also proved that the digestive fluids are required for purposes other than the digestion of the food, and that these fluids, for purposes aside from digestion, are essential to the continuance of life. It will readily be seen how the flavor and pleasing appearance of various beverages will be of the greatest importance in digestion, and in exciting the secretion of the imperatively necessary digestive fluids. In con-

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ditions of weariness, depression and disappointment one will be dissatisfied with the accustomed food, and the important apparatus of digestion will not function. To take food under such condition is dangerous. Abstinence would be safer than to eat. If now a glass of wine, or such other beverage as one may prefer is taken, the good effect is instantaneous, and well known to the millions who have practiced the expedient.

The experiments of Cannon show one of the important universal causes of decline, old age and death. It is in these conditions that alcoholic beverages act most decisively and most beneficially. A majority of mankind are subject to worry, fear, anxiety and discouragement. Intestinal stasis with all its accompanying conditions and evils hurries the destructive processes of old age, and hasten death, destroying happiness, limiting efficiency, the most universal of all our ills. The alcoholic beverage is the certain relief and cure, and the explanation of the enormous use of such beverages.

It must here be stated that insurance statistics are said to prove alcohol consuming people do not live so long as non-alcohol consuming persons. This appears to be true, for reasons which will be stated. But it is one thing to say that people who do not drink alcoholic beverages live longer than people who do, and quite another thing to say that a person who drinks these beverages will not live as long as he or she would if the beverages were not taken. Insurance statistics prove nothing of this kind, and the argument therefore falls to the ground.

About 15% of the human family pass as perfect, mentally and physically. As a matter of fact, not one is absolutely perfect, as the Oculists tell us a perfect pair of eyes is not in existence. Assuming that about 15% are much more nearly perfect than the majority, they would be the ones who would abstain from alcohol, especially in these times when such awful things have been so insistently (and so incorrectly) attributed to alcohol. It is therefore easy to see why these false conclusions have been reached by the Insurance Statistitians. Their figures are based upon the longer lives of the 15% of individuals who are mentally and physically superior, and, who, in the state of ignorance

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which has existed since the time of Benjamin Rush, have abstained from the use of alcohol.

It is upon such false conceptions and ignorance that the prohibition arguments have been based. The person who needs alcohol, and it is beneficial to all who are competent to use it properly, will live many more years by using it than would be possible without it.

There are physicians who say alcohol has no place in Medicine. I have yet to meet one who had ever used it for medicinal purposes, in the cases where it is needed, who would take such a stand. I received my degree from one of the leading Universities, the Dean of which was a pronounced prohibitionist, and a lecturer in the field. He taught all of us who heard his lectures that alcohol is worthless as a remedy. I followed his precepts for a year or two, until I found this Professor and all who entertain the same belief, did not know what they are talking about. I am positive I should not now be alive, were it not for alcohol. It should be added that alcohol is considered an essential remedy by all competent writers on the subject. Hammersten and Hedin, among the more recent writers, name alcohol as among the important medicinal agents.

From claiming that Insanity, most disease, Feeblemindedness, delinquency and Crime are due to alcohol, having been successfully combatted, prohibitionists are now reduced to the false insurance claims, and to two words "the family." People who know nothing about the subject are quite ready to believe that "the family" of everyone who fails in life are brought to their inferior state by alcohol. The contrary can be easily proved. Such "families" have always existed, and always will exist until we stop the influx into society of the mentally incompetent, and provide for defective and diseased children the treatment they require.

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THE PREJUDICIAL EFFECT OF PROHIBITION UPON NATIONS

When history was emerging from the mists of fable, certainly more than 2,000 years B. C., and in the period immediately preceding the First Dynasty, we find the record of the first official act of prohibition, in China, in the reign of Yao, Chun and Yu. The limited use of wine had elevated the Chinese, to a sufficient degree to bringabout the change from normads to a settled people while its excessive use by a few had aroused the same erroneous opinions we now see among prohibitionist.

These Princes, Bolger tells us, "were staunch upholders of temperance, and they banished the unlucky discoverer of the fact that an intoxicating drink could be made from rice."

The Chinese had not long emerged from the state of nomads, and the nomad races did not generally remain long enough in one place to develop the culture of the grape, though wild grapes supplied inferior wines.

At this time, in the regions adjacent to the Mediterranean, where the grape (as well as wheat) is indigenous, nations were already progressing into civilization through the action upon mentality of wine, fruits, flowers and other factors which, by educational effect upon the senses develop the apparatus of the brain upon which mentality depends.

The First Dynasty is referred to as the "ideal period of Chinese History" to which the prohibitionists would the more readily assent as the use of alcohol was forbidden. The deleterious effects were to be promptly realised. Life, liberty and the pursuit of happiness was proposed by these Princes and put into effect 36 centuries before the illustrious writers of our constitution sought to assure these blessings to the inhabitants of our own country. But the abolition of alcoholic beverages, well intended though it was, and due to ignorance as it still is, left China, even with the remark-

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able achievements which were made in a few instances, far behind the contemporary races of the world, and, so far as her four million of inhabitants of the present day are concerned, where she still remains.

At the time referred to, the Roman Empire was already in progress of preparation to conquer the world, and the races in the fertile regions of the shores of the Mediterranean, where the grape was extensively cultivated, there was in rapid development the mentality which made the Roman Legions triumphant over the more numerous barbarians of the north, where the development of the grape, and of wine making did not come to its fruition for many centuries.

In following the history of China it is interesting to observe how for long periods of time, and because of the absence of the developing influences of the use of even a few of the many alcoholic beverages, no remarkable individuals appeared. The first ten Dynasties passed without the appearance of one notable individual. Beginning at the very close of the Dynasty of Yao, Chun and Yu, which had begun and progressed with such brilliant promise, public morality, which had been high at the beginning and through the reign, rapidly deteriorated to a marked degree even with the very beginning of the reign of the second Dynasty, nor did anything of note develop through the reigns of the 28 succeeding Emperors. "It is said that when one of the Emperors wanted an honest man as Minister he could only find one in the person of a common laborer."

It is true that Laoutse, Confucius and Mencius appeared in the 3d. Chinese Dynasty of Chow, and from the complexion of the whole picture one would wonder just how the particular group in which these appeared obtained the wine which alone could account for the phenomena, which had no parallel in history, before or since.

The first in point of time was Laoutse, the founder of Taoism. Scores of students have sought to define the thoughts of Laoutse. "Virtue" was the predominating thought, as would be natural in a place and at a time where virtue was little practised. The contents of an empty vessel is referred to as the most desired state, and led naturally to the desire for Buddhism, and both early Taoism and Buddhism evolved the modern Taoism

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of the present day. Life in all its dreary aspects, in an era of prohibiton could result in no other desire. It was dull, and without color, and beside it utter extinction of thought or act would be desirable.

Confucius brought out of his contemplation of the contentions and resentments of the discontented world the first high moral concept of humanity, and was greeted with the same passive inertia which has confronted other moralists, human and Divine. The philosophy of Mencius was above his time, and shows that even in the lawless darkness of prohibition, here and there one is found who rises above his fellows, a most notable figure in a nation of mental pigmies. He said, "If Heaven wishes that the Kingdom should enjoy tranquility and good order, who is there besides me to bring it about?" A description of the times which is ample for our purpose. Wine was used, of course, for prohibition has never banished it, and never will. Otherwise there would have been no China to discuss. But the malaria of prohibition sentiment induced improper use of it.

Here and there a flash of genius appeared. Paper was invented 200 or more years B. C., and printing was in use a thousand years before its appearance in Europe.

Julian Hawthorne said, but a short time since, "With a population of hundreds of millions, and immense resources of treasure, this nation was defeated in war by a few thousand foreign soldiers and sailors. The nation had become, during centuries, self-centered; the mass of the people, overawed by combinations of the rich and ambitious, had lost all sense of nationality and patriotism, and were sunk into a kind of industrial barbarism, each atom working for itself, or for its immediate master. At last there was no longer a nation, but only countless hordes of disconnected individuals, more or less in subjection to arbitrary tyrants. It would be inaccurate to say that China went to war with Japan, or was beaten by her. Only a minute fraction of the Chinese inhabitants of the country were ever aware that any war had taken place. But they were and are helpless to repel aggression, and we now see their country being divided up among the alien invaders, whose only consideration is not for the Chinese but for one another. No one who understands history will say that it was

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exclusiveness which brought China to this pass; it was selfishness, in the whole and all its parts; the policy of each one for himself, with its inevitable corollaries of gradual subordination of the many to the few, the spread of ignorance, and disintegration."

Such is the effect of the principles of prohibition in one of the several instances where its poison has put its blight upon a people through many centuries.

Sexualism and food inebriety supplant the place of the beneficent alcoholic beverages, and the race not only does not advance—it deteriorates. China progressed along these lines to a population of four hundred millions of mental pigmies and physical incompetents. On the railroads in California it was found that five Chinamen were required to perform the work of one white man. Large tracts of country in China are always in the throes of famine, with all its horrors. Just now the attention of the world has been attracted, partly because the famine in the particular region in which it exists is a little nearer to civilization than usual, but chiefly because the late war has awakened the conscience of the intelligent parts of the world—the parts where prohibition is not in effect.

In a later part of this arraignment of prohibition I have made quotations from today's newspapers to show that the horrible evidences of the effect of prohibition are always before us. Let me make a few extracts from "The Saturday Evening Post" of this very same date concerning the famine in China—the famine which has been going on in one part or other of China for ages, and "lest you forget," let me add, because of prohibition.

"Nothing much is being said in foreign circles about typhus and smallpox, both of which are widely prevalent throughout the country; but pneumonic plague is a deadly thing you breathe and is 100 per cent fatal. Some thousands of cases have developed in Manchuria, and it is cropping out now down along the railroad which I must travel by in order to get out of Northern China. But away out yonder in the dried-up, dust-enshrouded world that I have come from are the hideous, hungry hordes! And the children! I don't like to remember the children. I have been able to look with considerable self-control upon the dead and dying among

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the adult populations in China, but the skeleton babies sucking ravenously at their own doubled-up, wee, fleshless fists, and the little boys and girls appealing mutely for food with eyes sunk deep in pain-pinched faces have just about broken my heart. They are only Chinese perhaps, but one wants that they should be fed just the same; one wants that they should be permitted to grow healthily and after their own fashion happily if may be.

The hideous, hungry hordes living from day to day on husks; on worse than husks; on dried leaves and the bark of trees; on the ground-up cobs of stunted kaoliang; on millet meal by the thimbleful mixed with millet chaff; on nothing at all! On nothing at all for days and days—and then comes death. Outside the walls of many cities and towns and villages I see acres of new-made graves, and beyond the great west gate of one city I see a heap of swollen corpses and many human bones that prowling pariah dogs and the hovering birds of prey have picked and scattered—bodies and bones of men and women dead of starvation and denied even the privilege, so dear to Chinese hearts, of decent burial."

"It was terrific, and to make the day more memorable we had passed through a number of villages in which conditons were such that no modifying word can be used in describing them. They were the utmost. We had seen people dead that day, and people dying. We had been caught in fearful crowds that had clawed at us and made our blood run cold with their beseeching cries. We had been in and out of a hundred hovels and huts searching for food and finding none. These places, far away from the main lines of communication, had not yet been reached by investigators."

Bear in mind that this account, though I have quoted it just to show a little of the evidences against prohibition that could be found in two publications of the very day I am writing, is nothing very unusual to China—it is going on year after year. Eleanor Franklin Egan, who contributed the article from which I am quoting, further says:

"There are foreigners who have not even yet quite given up the idea that the famine was invented by subtle Chinese politicians as a means of strengthening their own positon and of concentrating upon China universal attention and sympathy.

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When I arrived in Peking early in February this was the first note that was struck for my benefit, and it left me for a time quite thoroughly bewildered. I protested that I had come up from the south through a part of the famine area and that I had seen for myself enough to convince me that the actual fact could not be exaggerated, but I was told that I was permitting myself to view as something extraordinary a condition only slightly worse than normal; that the Chinese starve to death and freeze to death by the thousands every year and that it is a jolly good thing they do, too, because otherwise there would be too many Chinese. Such persons see no hope for China in anything but continuing epidemics, organized and vigorously encouraged race suicide and a tolerant attitude on the part of the law toward the slaughter of innocents."

China is in the way to extinction. Doubtless she will be saved by the influence of Civilization, which in alcohol using countries is throbbing with life, vigor and advancement. Miss Egan further says:

"The one-time sacred temples and shrines are nearly all falling into ruin, and even the best of them are left to a dense accumulation of cobwebs and dust; the wonderful city walls throughout the country are crumbling into masses of unsightly rubbish; monuments to the illustrious departed and huge memorial gateways everywhere are collapsed or collapsing into hopeless dilapidation; deterioration and dry rot are evident on every hand."

But we need to clean our house of the deadly vapors of prohibition or we will not only fail to be a factor in the rejuvination of China—in bringing these people out of the abyss of misery, and in the development of the great resources which can make it indeed the flowery Kingdom, and at the same time add to the wealth, luxury and happiness of the remainder of the world.

The Nabateans

Next in point of time come the Nabateans, as typical prohibitionists, with all the persistency and ignorance of the type.

In the year 312 B. C. they were attacked without

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success by Antigonus, which date gives us some idea of the age in which they lived. They were then described as a strong tribe of 10,000 warriors, away behind their contemporaries, but still great fighters—as all prohibitionists seem to be—while they last.

Their laws were directed to prevent the transition from nomadic to settled life. They were even incompetent to see their inferiority as barbarians, just as present day prohibitionists are unable to see their inferiority as compared with enlightened neighbors, so greatly their superiors, and who are able to comprehend the benefits of alcoholic beverages, and who are not mislead by attributing to alcohol human defects due to other well-known causes.

The history of the Nabateans is like that of all nations among whom alcoholic beverages are forbidden. They probably at some time used wine, and owed the standing in which we find them at the above date, to the superior intelligence of their wine using ancestors. At any rate from this point they begin the decline. They become pirates and wreckers (a far better name for prohibitionists than "dry's") and were whipped to a standstill by the Greeks, after a migration in which their piratical proclivities probably enabled them for a time to obtain mastery of the shores of the gulf of Akaba, and the harbor of Elath. Contact with real life was all that was necessary for their extinction, and after stirring up a whole lot of trouble as vassals of the Roman Empire, they melt away and disappear as a race.

Extinguishment of the Saracens by Prohibition

The story of the effect of prohibition upon Mahomet and his followers is one of the most interesting incidents in history, and deserves far more space than can be given it in these earlier numbers of LONGEVITY.

To fully comprehend it, one should at least follow Gibson's account, in the History of Rome, and Washington Irving's great work, Mahomet and His Successors. It will thus be seen how Mahomet came to acquire the considerable knowledge which his life shows that he possessed, even though he could not read, and developed

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the system which has so profoundly affected the history of mankind during the last fifteen centuries.

Born in Mecca (April A. D. 569) where endless numbers of pilgrims to the Ka'ba incessantly arrived, and where the inhabitants practised piety as a trade, as they still do, in a time when knowledge was largely disseminated by word of mouth, Mahomet was always in a position to learn much, not only of the beliefs of the pilgrims, but also of the religions of the inhabitants of other regions. Later he was employed, as Washington Irving tells us "by different persons as commercial agent or factor in caravan journeys to Syria, Yemen and elsewhere," frequently visiting Palestine, where he learned the teachings of Jesus.

Mecca also had the advantage of lying near the meeting place of the two great natural roads to Yemen —that from the north-west along the Red Sea coast, that from the north-east following the lines of the mountains that traverse the Nedjd. The horses and camels of Arabia have been noted for speed and endurance from the earliest times, and the trading journeys of the Koraish, who were settled in and about Mecca, extended to the most remote regions, giving them access to the knowledge and doings of the world, and placing them far above the neighboring Arab tribes, in wealth and knowledge.

Such facilities placed Mahomet in a unique position. His handsome person and pleasing manner invited the instruction of all the innumerable visitors to Mecca with whom he came in contact, and his marriage to a wealthy widowed lady contributed to his opportunities for obtaining knowledge, which his inclusion of the best features of all religions in his own, shows to have been extensive.

Filled with thoughts of the religion of the Jews, the teachings of Confucius and of Jesus Christ, as well as of the varied tenets of polytheism and paganism, Mahomet conceived a system which seemed to him above them all, and it was so received by his early converts who must have been impressed by the wide scope of his ideas. He retained the pagan customs of the pilgrims to Mecca, and thus avoided offense to them and to all the Arab tribes.

The "decrepit and effete religion of the Arabs, de-

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voted to wine, the chase, gaming, love; vengeance, fueds, robbery and glory" for the Prophet and teacher, and in the nature of things as he found them, awakened the desire to convert the world, which his experience with his own people taught him must be accomplished by the sword.

But Mahomet was not a general, and his conception of warfare was confined to the looting by superior force of the caravans, as had been done from time immemorable by the marauding Arab tribes. Unlike the people of non-wine consuming regions, the Arabs made great fighters, and in the brief period of Mahomet's career, such fighting as was done was due to this, and by the help of the "miracles" Mahomet was able, upon occasion, to produce. Discipline there was little practised, and the abuse of wine must have of necessity obtained. It was therefore prohibited, and for it sexualism was substituted. But all through the Mahometan wars, wine was surreptitiously used, as is shown by the punishments inflicted for infraction of the law of abstinence. Gradually the prohibition became effective, and in ratio with this the Arab element lost its virility, and the ranks were supported by slaves who found in the exercise of war a relief not only from slavery, but from debased conditions in which their conquerors had found them, as well as rewards in the division of the spoils of the victories in which they took part.

The first three warlike expeditions, led by Mahomet in person, were failures. The fourth, the leadership of which was entrusted to a Moslem named Abdallah was successful.

The fifth, the battle of Beder was also a success, and displayed a series of those miraculous incidents which were so often to attend his arms. The appearance of the Conqueror with so much booty was all that was needed to complete the conversion of the inhabitants of Medina, and of the Arabian tribes. Washington Irving says, "The idolatrous tribes of Arabia were easily converted to a faith which flattered their predatory inclinations with the hope of spoil, and which, after all, professed but to bring them back to the primitive religion of their ancestors; the first cavalcade, therefore, which entered the gates of Medina with the plunder of

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a camp made converts of almost all its heathen inhabitants, and gave Mahomet the control of the city."

Soon after, through an incident which was followed by an attack upon the Jews, Mahomet came into the possession of their arms and riches, the final factors needed to begin the conquest of the world. The first engagement which followed was disastrous to Mahomet, as were many of a series of petty expeditions which were undertaken.

Gradually Mahomet made himself sovereign of almost all of Arabia. The scattered tribes were united into one nation. The armies of Heraclius had appeared upon the frontiers of Arabia and Mahomet set out to meet them. On the way several isolated enemies were conquered, and as much booty was taken, the unfavorable season and the desert were found sufficient excuse to return to Mecca. Had a conflict with the victorious and disciplined armies of Heraclius been accomplished, history would probably have been different.

The insignificant character of the conflicts thus briefly described, in which the warlike proclivities of his followers were sufficient to save the army from the absence of generalship and fighting ability of the Prophet, comprise the account during his lifetime. The former were users of wine, the latter was not. Later, when prohibition came to be better enforced, the soldiers became less efficient, nor would the victories in Syria, Palestine and Persia been possible had it not been for the reason of the recent invasion of Heraclius, which had laid these lands desolate. By the time these countries had been conquered, and through the campaigns to the sea, slaves, and the descendants of conquered peoples which made up the real force of the Moslem armies to a very considerable extent, made possible the subjection of the territories to the Atlantic.

Spain, at the time of the invasion by the Turks was in almost if not quite as demoralized a condition as Persia, and the remnants of the decadent Roman Empire, parts of which were conquered. When Constantinople fell to the Moslem armies, it was in like conditon, and the whole area covered by the Moslem conquest was in such a condition of decadence, through the misrule of centuries, that the Conquerors, offering conditions of peace upon payment of tributes infinitely

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less than the unbearable taxation inflicted under the older rulers, were welcomed by the inhabitants. Upon attempting the conquest of France, the first determined resistance, under the leadership of Charles Martel, displayed the utter weakness of the Moslem armies, now well progressed to prohibition. The Hungarian and Austrian invasions of later times owed such success as was obtained, largely to conditions similar to those which made the conquest of Persia so easy, and even there the Moslems were driven to ignominious retreat before determined resistance.

The original group of peoples heralded under Mahomet's Generals literally disappear, and in a brief time practically no trace is found—the inevitable consequence of prohibition.

Russia

The Renaissance did not reach Russia, where it is still to appear. There was inheritance of the prohibition superhtition from the Tartars and from the Mohometans, who had dominated the region for so many centuries, which was especially strong in the centuries immediately preceeding the 16th., and which accounts for the neglect of the culture of the grape and the manufacture of wines.

Christianity had become strongly fixed long before the Renaissance, and all the learning of the religious bodies was available in Russia as it was in the southern countries. Agriculture was taught, but it is easy to see how the general manufacture of wines would be neglected as well as the culture of the grape, among people saturated with prohibition superstition, as taught by Mahomet, even after the Mahometans had been driven out.

This incident is exceedingly interesting, as it showing that the Renaissance did not develop through the "discovery" of Greek learning, to which it is attributed by all writers on the subject. The Russian Church was

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essentially Greek, and the Greek learning went into Russia with the Priests of the Greek Church, at the very commencement of the christian period.

It is true that drunkenness obtained among the priviliged few, and wine was available among the wealthy. But to the vast mass of the people the wines were impossible, and the conditions necessary for the development of mentality among them did not exist.

No better proof of the truth of the fact of the favorable influence of alcoholic beverages upon development of Nations could be found than this.

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EFFECT OF ALCOHLIC BEVERAGES IN DEVELOPMENT OF THE RENAISSANCE IN ENGLAND.

As I have previously stated, the effect of the development of the culture of the grape, and refinements in the manufacture of wine resulted in the development of the Renaissance in France in a more marked degree than in Italy, Spain or Germany, because the varities were more numerous, and the delicious boquet of the greater number of types exerted their influence unpon mentality to a more pronounced degree, than in any regions where the varieties of wine were fewer, or qualities of the wine inferior.

The Renaissance developed in England soon after the development in France—or as soon as the wines of France came to be produced in sufficient quantities for export. And after sufficient time had elapsed to admit of the importation of the continental wines into England, the awakening of human mentality which we know as the Renaissance began, and progressed to a more marked degree, even than in the countries where the wine originated, because the Englishman had at his command, not only the wines of France, but also those of Spain, Italy and Germany as well.

The Champaigns, burgundies, sauternes—the finest in bouquet of all wines together with the port wine from Spain, the Chianti and other wines of Italy, and Rhine wines of Germany became available in England in all their varieties about the beginning of the reign of Queen Elizabeth. Green says (Green's England Page 392 Vol. II) after depicting the fears of the consequences of the rapidly advancing growth of wealth, Cecil said to the Queen "England spendith more on wines in one year than it did in ancient times in four years". Green continues "In upper classes the lavishness of a new wealth combined with the lavishness of life, a love of beauty, of color, of display,combined to revolutionise English dress.

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Men wore "a manor on their backs". The Queens' three thousand robes were rivalled in their bravery by the slashed velvets, the ruffs, the jewelled purpoints of the courtiers around her. But signs of the growing wealth were as evident in the lower class as in the higher. The disuse of salt fish and the greater consumption of meat marked the improvement which had taken place among the country folk. Their rough and wattled farmhouses were being superseded by dwellinge of brick and stone. Pewter was replacing the wooden trenchers of the early yeomanry, and there were yeoman who could boast a fair show of silver plate. It is from this period indeed that we can first date the rise of a conception which seems to us now a peculiarly English one, the conception of domestic confort. The chimney corner, so closely associated with family life, came into existance with the general introduction of chimneys, a feature rare in ordinary houses at the beginning of this reign. Pillows***were now in general use. Carpets superseded the filthy flooring of rushes. The loftier houses of the wealthier merchants, their parapeted fronts and costly wainscoting, their cumbrous but elaborated beds, their carved staircases, their quaintly figured gables, not only contrasted with the squalor which had till then characterised English towns, but marked the rise of a new middle class which was to play its part in later history.

A transformation of an even more striking kind marked the extinction of the feudal character of the nobless. Gloomy walls and serried battlements disappeared from the dwellings of the gentry. The strength of the mediaeval fortress gave way to the pomp and grace of the Elizabethan Hall. Knole, Longeat, Burleigh, and Hatfield, Hardwick and Audley End, are familiar instances of a social as well as an architectual change which covered England with buildings where the thought of defense was adandoned to that of domestic comfort and refinement. We still gaze with pleasure on their picturesque line of gables, their fretted fronts, their gilded turrets and fanciful vanes, their castlellated gateways, the jutting oriels from which the great noble looked down on his new Italian garden, on its quaint masses, its formal walks, its lines of yews cut into grotesque shapes in hopless rivalry of the cypress avenues of the south. Nor was the change less within than without.

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The life of the middle ages concentrated itself in the vast castle hall, where the baron looked from his upper dias on the retainers who gathered at his board. ****the whole feudal economy disappeared when the household withdrew with his family into his "parlour" or "withdrawing-room" and left the hall to his dependents."

The effect of this awakening into the new life which marks the beginning of our present higher civilization, and which in England as in France, Spain and Italy are so clearly due to the development of wine making, and the availability of a wide variety of delicious wines, some one of which is sure to be liked by every individual, "told on the remodelling of the house within, raised the principle appartments to an upper floor—a change to which we owe the grand staircases of the time—surrounded the quiet courts by long "galleries of the presence," crowned the rude hearth with chimney pieces adorned with fauns and cupids, with interlaced monograme and fantastic arabesques, hung tapestries on the walls, and crowded each chamber with quaintly carved chairs and costly cabinets. The prodigal use of glass became a marked feature in the domestic architecture of the time, and one whose influence on the general health of the people can hardlybe over-rated. Long lines of windows stretched over the fronts of the new manor halls. Every merchant's house had its oriel. "You shall have sometimes" Lord Bacon grumbled, "your houses so full of glass, that we cannot tell where to come to to be out of the sun or the cold."

It would be difficult to write a stronger evidence of the benificent influence of wine upon the human race than the above simple historical account of the awakening of the mentality of man through its increased use. It is true that writers on the Renaissance do not attribute its rise of alcohlic beverages, though thefacts show it. In England at the time above referred to, no condition whatever had existed to account for the Renaissance except wine. All the untoward influences of the reign of Mary were in force, nor had the beneficent influences of the reign of Elizabeth had time to produce any such effects, except as contributory in the further development of the commerce that made the wines available.

English literature begins with the very period above described. The writers of poetry and of prose who spread

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the lustre of their work over the world received the influence to which their appearance is due through factors in force at the very beginning or immediately after the ascent of Elizabeth to the throne, so that their genius could only have been implanted in the years immediately preceeding, or very shortly after. Doubtless they were supported through the better conditions which marked the Elizabethan times, but Elizabeth, as well as the great King, Francis I of France were themselves beneficiaries of the same basic influence which placed its mark upon the age—the development of the use of alcoholic beverages by the masses.

Mair, in writing of English Literature says "The Renaissance was, and was the result of, a numerous and various series of events which followed and accompanied one another from the fourteenth to the beginning of the sixteenth centuries." Now this is true, if we say these 'influences' consisted in the work of the Monks who, in these centuries taught agriculture to the peasants of Italy, France, Germany and Spain, by which the grape culture became refined in the southern regions, and the many varieties came to be introduced especially into France. But he says "First and most immediate in its influence on art and literature and thought, was the rediscovery of the ancient literatures." All of which is piffle. There were always men in all communities who knew of ancient literature, and who, when wines had developed enquiring mentality imparted the knowledge to the increased number who found interest in the knowledge. It is pretty far fetched to say that Englishmen, or Frenchmen "discovered" the ancient literatures of Greece, as an explanation of the causes of the Renaissance.

Green, in his History of England, accounted for the Renaissance, as so clearly shown in the quotations from his works, even though he shows no apparent knowledge of the importance of the incident of the increased consumption of wine.

Following the divergence of ideas which the facts above recounted lead, and remembering that the culture of the vine commenced in Greece, we can with good reason assume that Homer, Thucydides, Herodotus, Plato and Demosthenes owed their higher status to superior conditions of environment, in which the use of wines played the determining part.

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We have elsewhere referred to the development of English Literature, in this period of the Renaissance, or as it ought to be called, to the period of the development, and use, not of wine—but of wines. Marlowe,Chapman, Sidney, Spencer, Ben Jonson, Lodge and Shakespeare broke the silence of the ages, placed a mark upon time which must forever endure, and from which we have determined one of the important factors in the development of mind.

To whatever factors we may wish to attribute mental development of the race, nothing is more certain than that action upon the senses and through the senses to the complicated structure within the skull, mentality must depend. The twelve great crainial nerves begin with the first, or olfactory and gustatory apparatus, then seeing and hearing become next in importance, to the twelveth, as least important. In addition, the effect of alcoholic beverages upon the automatic apparatus of the body has been recently shown to be of primary importance, and to influence in a degree as yet not sufficiently appreciated, in admitting of efficiency and health, as of nearly equal importance to all the features of life, with the development of mind. This important phase of the subject requires special treatment.

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EFFECT OF PROHIBITION UPON OUR OWN PEOPLE

During all the years since 1785 the work of the distorted mind of Benjamin Rush has been showing its effect upon the mental and physical condition of the inhabitants of our country, because there are always people in plenty ready to receive any kind of propaganda, provided it is sufficiently erroneous.

In Part I of LONGEVITY we printed a reference to a paper by one of the most eminent Alienists in the world, showing that of the men drafted into the army in the late war the largest per cent of mental defectives were derived from states in which prohibition was in effect. We expect later to take up the discussion of the figures from which this data was derived, and more clearly show the effect of the poison of prohibition.

Evidence of this kind is available in unlimited degree. I am writing this on the 18th day of June, 1917, and have only to turn to the issue of the "New York World" of this date to find additional evidence. Almost any day would serve equally well, because the fact that prohibition propaganda is destroying the race can be seen anywhere, at any time, and I will undertake to show it, from some quarter, on any date. An extract from the article follows:

"Gen. Pershing, in an address to officers and their guests at Camp Edwards, Seagirt, N. J., yesterday declared that the education and physical standing of a high percentage of America's young men who served in the World War were a 'disgrace to any nation.' The problem of dealing with men who lacked proper mental and physical training was a great burden on the officers, he, said, and every possible means should be taken to repair these defects in peace times as a matter of national preparedness.

Slackers, said Gen. Pershing, were illiterates who failed to understand their obligations to the Nation.

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'People wonder why there were so many of them,' he said. 'But is it any wonder that we had slackers—men who could neither read nor write and had never read the Constitution of the United States and could not comprehend their vast obligation to the country in its time of need?' "

An editorial in the same issue, in part, follows:

WHILE CONGRESS DAWDLES

Congress has been in session for more than two months. Beyond passing again a few measures left over from the Sixty-sixth Congress, what has it done? What has it accomplished in that solution of pressing problems to which it is pledged?

The Fordney Emergency Tariff Bill was a sham and a fraud, put through for political effect. It was never calculated to profit the farmers, who had parted with the bulk of their crops, but speculators and traders. Few Republican Senators and Representatives pretended that it would do what had been claimed for it.

The new Immigration Law in the first week of its operation was shown to be both unjust and unworkable and to call for immediate radical revision. It was a purely theoretical solution that took no account of practical difficulties easy to foresee. It is an absurdity on its face, as was proved by conditions at Ellis Island during the first week in June. It exposes Congress to ridicule for its ignorance of the shipping and passenger business.

The following, from the same paper, and the same issue, from the Washington correspondent, is equally illuminating:

By Louis Seibold.

WASHINGTON, June 17.—There is more than meets the wet or dry eye in the failure of the Republican caucas last night to map out a programme for the reapportionment of the Congressional districts of the country. A number of explanations for the postponement of the plan are advanced by House leaders today.

The real reason is that the Anti-Saloon League, apprehensive of an increase in the vote of the big cities

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embraced in the wet belt, have quietly passed the word around among its Congressional supporters to put off redistricting the country until after the next Congressional election.

The reason for the decision of the dry bosses is that if the country is now divided into new districts, in accordance with the last census, the sections of the country opposed to both the Prohibition Amendment and the Volstead Enforcement Act would gain in representation, while the dry belt would lose a minimum of twenty-eight districts if the number of seats in the Lower House remains at 435 as at present.

To Take No Chances

With an entire new House and thirty-three Senators to be elected net year, Dry Field Marshal Wayne Wheeler and his lieutenants do not want to take any chance of losing their present grip over the legislative branch of the Government.

Of the effect of prohibition propaganda—so-called temperance organizations upon our own country, much more might be written than we can spare space for in this number of LONGEVITY.

It will show not only an increase in defectives, but worse still it will show the terrible effect upon normal persons, of fair mentality and good physical condition. People in ordinary walks of life, with too little time or inclination for reading accept the intollerable chaff of temperance talk of the day, from ignoramuses who are incompetent to manage their own affairs. The result is the wild career of the recent Congresses, each of which has been discredited, and the members, mostly, dismissed forever from public life.

These results will be discussed in future numbers.

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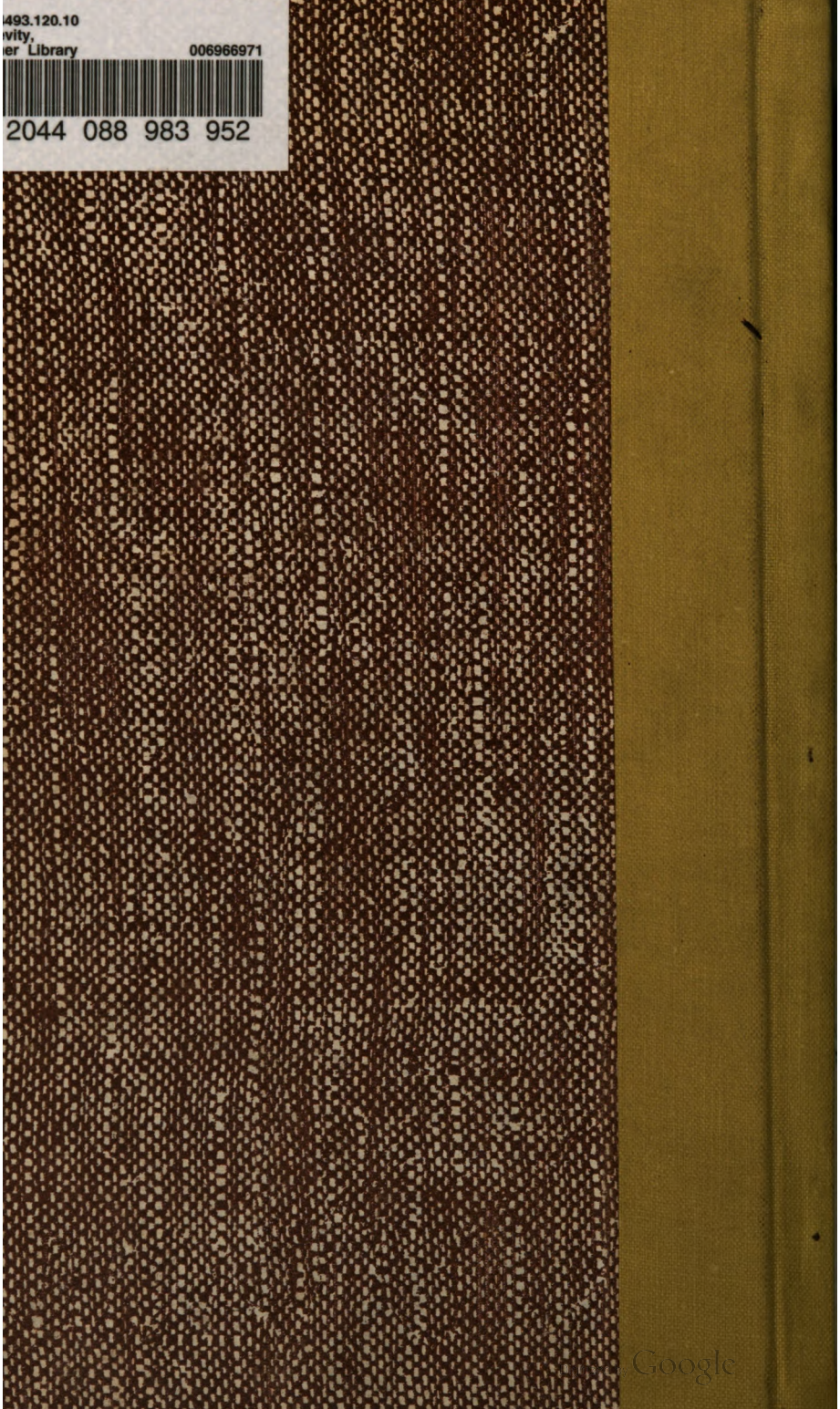

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